

Hydration at work

Workplace best practices

Water vs. sports drinks (Gatorade, Powerade, Bio Steel, etc.)

What should you choose to optimize your hydration, while maintaining your health?

Experts have weighed in with a comprehensive medical review of the body's nutrient requirements (vitamins, minerals, electrolytes, glucose, etc.) and hydration needs, as well as the positive and negative impacts of using sports drinks.

What emerges from the various studies is unanimous: **a healthy individual has sufficient nutrient reserves to hydrate with water alone**, but in certain very specific circumstances, sports drinks can provide a "little extra" that justifies their use.

When is it a good idea to replace water with sports drinks?



During sustained effort or a period of heavy perspiration lasting 2 to 3 hours

(intense sporting activity - running, field hockey match, etc. or continuous exposure to intense heat)

How much sports drink should I drink instead of water?



1 bottle
of regular size can cover an adult's nutrient requirements for **24 hours**

What happens if I exceed the recommended amount?

Sports drinks contain significant amounts of nutrients, but also sugar. **Excess sugar or excess nutrients in the body will lead to a perverse effect of retaining and then losing water** in order to eliminate glucose and superfluous nutrients through the urine - this causes a diuretic effect (frequent need to urinate, coupled with an increased feeling of thirst). Stomach aches and nausea may occur, as may swelling of the hands and feet due to water retention.

Nutrients in excess are filtered out by the liver and kidneys, overloading the system and **leading to a feeling of general fatigue**. Once filtered and processed by the liver and kidneys, nutrients and sugar will be transported out of the body through large quantities of urine (mostly water, which ultimately leads to even greater **dehydration**). It's a vicious circle of sorts!

The impact of sports drinks consumed in larger quantities is also seen on **calorie intake, due to the large quantities of sugar ingested**, and therefore, in the medium and long term, on the cardiovascular system. When it comes to "diet" or reduced-sugar sports drinks, it's important to remember that the sugar is replaced by sweeteners (stevia, sucralose, aspartame), one of the main side-effects of which is diarrhea - and therefore, once again, dehydration!

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Sources :

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