

DID YOU KNOW - GATORADE



“Did You Know” Gatorade Toolbox Talk

We’ve all heard of and likely drink the beverage know today as Gatorade. But do you understand why it was developed, what it does for the body or where it came from in the first place?

Gatorade was first formulated by a group of scientists to literally aid the performance of the Florida Gators football team. Hence, Gatorade....

In the summer of 1965, University of Florida Assistant Football Coach Dewayne Douglas met with a group of scientists on campus to determine why many of Florida’s players were so negatively affected by the heat. Especially in the 3rd & 4th quarters of the game.

“They developed a drink that contains salts and sugars that could be absorbed more quickly,” according to a University of Florida history of medicine, “and the basis for Gatorade was formed.”

Not immediately a hit with the players. The drink reportedly tasted so awful that some athletes vomited after consuming it.

Moving on; when your body sweats it loses water, salt, and electrolytes. Drinking water obviously replaces the water but not the salts and electrolytes.

That’s were Gatorade, All Sport, Squincher and other modern sports drinks/mixes can be beneficial. They are available in a wide variety of flavors and options such as zero sugar (key for anyone with diabetes). They contain important nutrients such as sodium, carbohydrates, potassium, vitamin c. These can help prevent dehydration, muscle cramping, and low blood glucose levels during intense activity.

Healthy diet and water are sufficient for your body’s health on the average/temperate days. On those long hot summer days make sure you replenish your electrolytes.

[Gatorade and All Sport Zero drink mix will be made available through Site Superintendents.](#)