



CHEMISTRY

# Chemistry Project

## Tokyo Olympics 2020

United By Emotion...

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**Name the 4 essential salts lost from the body during intense exercise.**

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# What are Electrolytes?

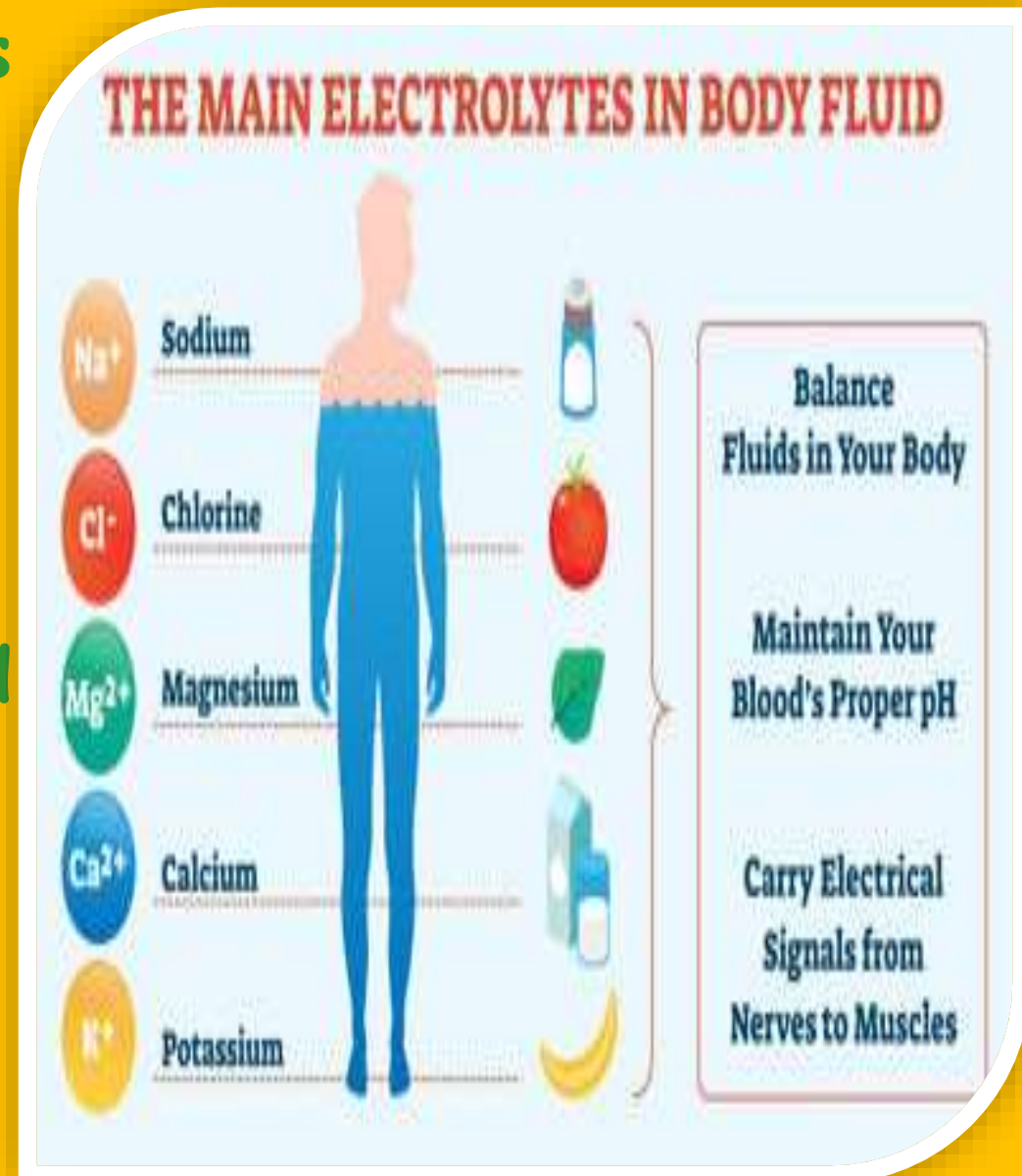
# What are Electrolytes?

>Electrolytes are minerals that have an electric charge.

>They help keep the amount of water in our body balanced.

>Maintain pH levels and help move nutrients in and out of cells.

>Electrolytes also help muscles, nerves, and organs work properly.



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**Why do sports drinks contain electrolytes?**

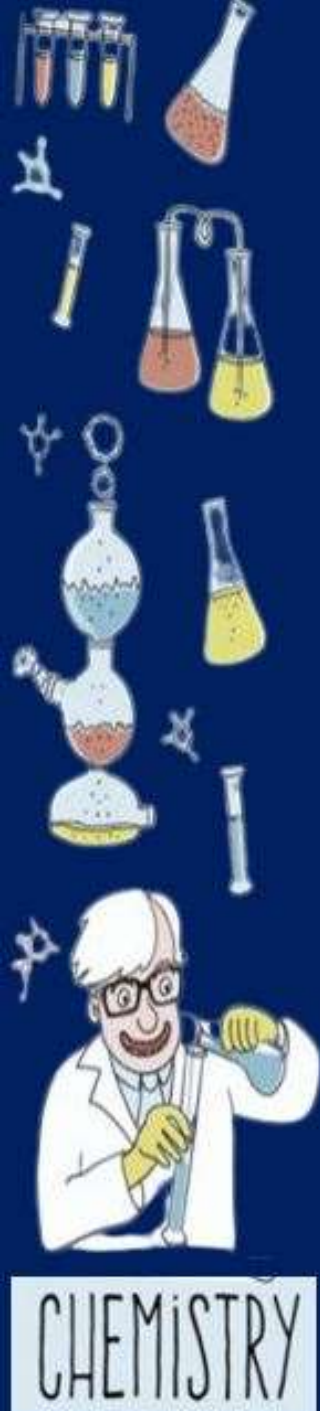
# Why do sports drinks contain electrolytes?

>People who do sports or intense exercise are likely to sweat. Through this sweat water and electrolytes are lost.

>If we lose more fluid than we take in and get dehydrated, we lose electrolytes.

>Symptoms of dehydration include dark colored urine, extreme thirst, fatigue, dizziness, and infrequent urination.

>Hence, sports drinks contain electrolytes to rehydrate and replace electrolytes lost through sweating after activity. This makes sure that the person doesn't dehydrate.









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Which type of drink would be preferable to sports persons – sports drinks or energy drinks? Give reason.

Energy drinks help in enhancing mental alertness and physical performance.

Whereas, Sports drinks can restore electrolytes that are lost through sweat and carbohydrate that the body uses during activity. It also rehydrates the body.

Sports persons need instant energy in the form of sugar and also need to rehydrate the water loss through sweat. Hence, sports drinks are preferable for a sports person.





**Write the balanced symbol equation for the aerobic respiration of glucose.**

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THE ALL IN ONE  
SPORTS DRINK

SPINK



*Just  
Spink  
it!*

SPINK

PRICE  
₹49

ALL IN ONE  
NUMBER ONE  
BE IT YOUR DAUGHTER OR  
YOUR SON  
GIVE THEM SPINK  
THE ALL IN ONE SPORTS DRINK

**Uniqueness:**

**For both kids (above 10  
years) and adults  
Low Sugar Content  
Available in 6 flavours!**



Thank you!

