HOW ALCOHOL AFFECTS ATHLETIC PERFORMANCE

HURTS PERFORMANCE

For up to 72 hours (three days) after you consume alcohol you are slower to react on the field. That means missing a game-winning catch or letting an opponent get the better of you. Alcohol affects reaction time, hand-eye coordination, precision, balance, decision-making, focus, endurance, and strength.

1

INCREASES RISK OF INJURY

Chronic alcohol use can depress the immune system. If your body is run down and tired, you're at higher risk of suffering an injury. And once you get hurt, your body may take longer to heal.

2

INCREASES FAT

Alcoholic drinks contain lots of empty calories. Alcohol also causes blood sugar levels to rise and then fall, making your brain feel hungry and crave high-calorie salty foods. The extra calories from alcohol and junk food can lead to excess body fat and less lean muscle.

3

CAUSES DEHYDRATION

Alcohol is a diuretic that leads to water loss through urine. Dehydration can result in decreased aerobic performance and makes it harder to regulate core body temperature. It can also slow down the body's ability to heal sore muscles and injuries.

4

AFFECTS GRADES & ELIGIBILITY

Regular alcohol use can lead to difficulty processing and storing memories, which can affect your ability to learn plays for a sport or do well in school. Bad grades could lead to a loss of eligibility and even your spot on the team.

5

HARMS MUSCLE GROWTH

Regular consumption of alcohol can damage long-term performance by causing muscle loss and weakness. This serious condition is called myopathy. Myopathy can affect the muscles that will harm your athletic abilities, such as those in your arms and legs and even your heart.

6

TALK *it* OUT

CELEBRATE WITH TEAMMATES – NOT WITH ALCOHOL

Drinking to celebrate a big win slows down post-game recovery. After a game or intense work-out, your body needs time, good hydration, and proper nutrition to repair and replenish vital fuel stored in muscles. For athletes who suffered an injury, even a minor muscle strain, alcohol opens up the blood vessels and promotes swelling.

7

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