

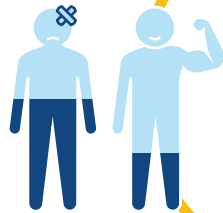
# PROTECT YOUR GAME<sup>®</sup>

## ALCOHOL

**Alcohol** interferes with metabolism, recovery, sleep, performance and increases the chance of injury.

Much of athletics is about building and recovery. Building, repairing and growing muscle, tendon and bone tissue. It's also about expanding capacity in various systems like cardiovascular, nervous etc. Metabolism and nutrient absorption play important roles in these processes and **alcohol negatively affects many of them.**

**Alcohol** is a depressant, meaning that it slows down brain functioning and neural activity. It impairs generally, through dehydration of cellular tissue in the brain.



**54.8%** of athletes who drink on weekends suffer injury - compared to **28.3%** of those who don't drink.

### Physical impacts of alcohol use:



#### METABOLISM

Constricts aerobic metabolism - reduces endurance.



#### NUTRIENTS

Inhibits absorption of nutrients - lowering endurance and increasing risk of injury.



#### PERFORMANCE

Use within 24 hours of activity reduces aerobic performance.



#### WEIGHT

Makes weight difficult to maintain (gain or lose).



#### SLEEP

Disturbs sleep patterns - slows recovery.



#### INJURY

Weekly use doubles rate of injury.

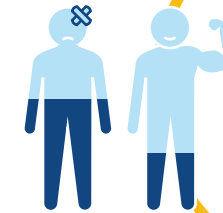
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### ATHLETE BENEFITS:

Best chance for optimal health – physical, mental & emotional.

Potential for maximum athletic performance.

Eliminates distractions.

Perform at highest level possible.

Experience real connection with teammates.

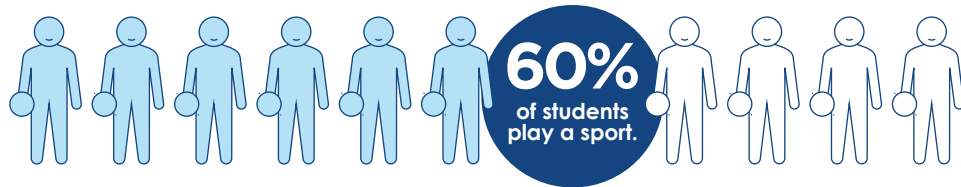
### TEAM BENEFITS:

No competing interests among substance users & non-users.

Team reputation is not compromised.

Ideal team unity.

Limited distraction from performance and team growth.



As each player finds what they can contribute, the team becomes the best it can be. **Don't let substance use get in the way.**

**EMAIL:** [info@substance-free-athletics.org](mailto:info@substance-free-athletics.org)

**WEB:** [substance-free-athletics.org](http://substance-free-athletics.org)

**SOCIAL:** @Substance\_free\_athletics

**SOURCES:** [substance-free-athletics.org/sources](http://substance-free-athletics.org/sources)



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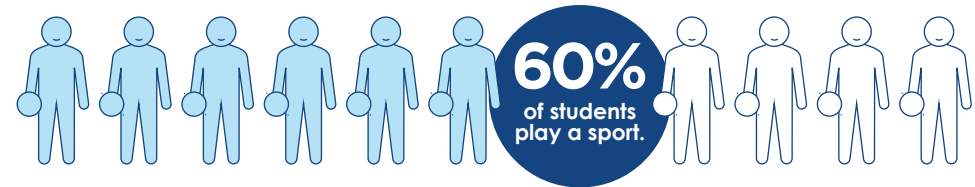
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