

# PROTECT<sup>®</sup> YOUR GAME

Not all game time decisions are made on the field. **KNOW THE IMPACT.**



## Physical impacts of ALCOHOL use:

- Weekly alcohol use doubles the rate of injury
- Interferes with metabolism
- Slows recovery
- Interrupts sleep
- Reduces endurance

**Increases Injury – 54.8% of athletes who drink alcohol during the week suffer an injury.**



## Physical impacts of NICOTINE use:

- Makes an athlete weaker and more prone to injury
- Slows recovery
- Reduces endurance
- Damages the heart and lungs
- Negatively affects blood and breathing functions

**Highest addiction rate of all drugs – 85% of nicotine users have a use disorder.**



## Neurological impacts of MARIJUANA/THC use:

- Dulls reaction time
- Reduces hand/eye coordination
- Impairs facial recognition
- Reduces balance and tracking ability
- Reduces memory recall and impact of all training

**Brain Health is Athlete Health.  
THC alters MEMORY,  
MOVEMENT and MOTIVATION.**



**SUBSTANCE-FREE  
ATHLETICS<sup>®</sup>**

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