

PROTECT[®] 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 weekly, i.e. on weekends, suffer 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[®]**

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