

# PROTECT YOUR GAME<sup>®</sup>

Not all game time decisions are made on the field

## Physical impacts of NICOTINE use:



### HEALTH

Stressed pulmonary system (heart and lungs)



### INJURY

More susceptibility to injury



### HEALING

Slow recovery processes



### NO ENHANCEMENT

Less endurance; weakness

**KNOW THE IMPACTS**

## Physical impacts of ALCOHOL use:



### METABOLISM

Constricts aerobic metabolism - reduces endurance



### NUTRIENTS

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



### WEIGHT

Makes weight difficult to maintain (gain or lose)



### SLEEP

Constricts aerobic metabolism - reduces endurance



### INJURY

Weekly use doubles rate of injury



### PERFORMANCE

Use within 24 hours of activity reduces aerobic performance

## Neurological impacts of MARIJUANA use:



### ABILITY

Dulls reaction time and hand-eye coordination



### PERFORMANCE

Reduces balance and tracking ability



### MEMORY

Impairs memory and causes retrieval failure



### NO ENHANCEMENT

THC has no performance enhancing potential



### ATHLETIC REPOSITORY

Degrades ability to play your game



### IDENTIFICATION

Impairs facial recognition



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