

# PROTECT<sup>®</sup> YOUR GAME



## MARIJUANA

The BRAIN is an athlete's most important athletic tool – it is the repository of everything an athlete knows about their sport – intellectually and bodily – movement, instinct and decisiveness.

**BRAIN HEALTH is ATHLETE HEALTH**



## 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 all of them.



## TOBACCO NICOTINE/VAPING

Tobacco/Nicotine negatively affects the cardiovascular (heart and blood) and pulmonary (lung and breathing) systems.

It makes a athlete weaker, more prone to injury, slow to heal, and it is highly addictive.

**It's no joke -  
highest addiction  
rate of all drugs.**

## KNOW THE IMPACTS



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

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