


I'm not robot  reCAPTCHA

Open

SPORTS NUTRITION

How Alcohol Affects Athletic Performance

Many athletes balance athletic careers with their social lives. For some, this includes regular drinking with friends and family in a social setting. The good news is that alcohol can be consumed without sacrificing athletic performance as long as the athlete is educated on the ways that alcohol may affect them and adjusts accordingly in order to optimize athletic performance and recovery.

WHAT YOU NEED TO KNOW ABOUT ALCOHOL CONSUMPTION

EFFECTS	WHAT TO DO
<p>ALCOHOL IS A DIURETIC</p> <p>A diuretic is a food or beverage that naturally dehydrates the body by increasing frequency of urination.</p>	<p>HYDRATE WHILE DRINKING</p> <p>A good rule of thumb is to drink at least 2 glasses of water for every alcoholic drink.</p>
<p>HIGH SUGAR/HIGH CALORIE</p> <p>Alcohol is 7 calories per gram. It's important to be aware of the quantity that an athlete is consuming as to not consume too much sugar.</p>	<p>BE MINDFUL OF QUANTITY</p> <p>Limit beverages to 1-2/day for women and 2-3/day for men. Limit sugary mixed drinks.</p>

HOLD MY BEER
ALCOHOL affects people differently based on age, gender, weight, type and number of drinks and time elapsed.

HEAVY DRINKING
CAN DAMAGE THE LIVER AND HEART, INCREASE YOUR RISK FOR CANCER, CONTRIBUTE TO DEPRESSION AND INTERFERE WITH RELATIONSHIPS

INDIVIDUAL REACTIONS TO ALCOHOL VARY FROM PERSON TO PERSON

12 oz. beer
5 oz. wine
1.5 oz. of 40 proof liquor

4 out of 5 college students drink alcohol

IT TAKES 60 MINUTES FOR YOUR BODY TO PROCESS 1 OZ. OF ALCOHOL

95% Of violent crimes on college campuses involve alcohol

1 in 4 students report academic consequences from drinking

If you or someone you know has a problem with alcohol, help is available
Copper Country Support Groups is a helpful website that gives links and locations of various support groups, as well as other alcoholism abuse information and treatment.
www.coppercountry.com/SupportGroups.php

