ALCOHOL CAN AFFECT:

- **DEHYDRATION**
  - Alcohol impairs your body’s ability to control temperature³
  - Muscle strength decreases significantly²

- **CARDIOVASCULAR STRESS**
  - Alcohol increases cardiovascular stress, making your heart work harder than it should

- **IMPAIRED BLOOD SUGAR**
  - Alcohol impairs your blood sugar for 36 hours⁴
  - This causes more muscle damage than normal, causing soreness and delayed recovery

**KNOW THE SCORE**
NCAA Division I Student-Athletes drink less than you think⁵

- **Dehydration**
  - 60.4% of males consume 0-4 drinks in a sitting
  - 68.1% of females consume 0-3 drinks in a sitting

- **Cardiovascular Stress**
  - Half of NCAA student-athletes never use alcohol in their competition season⁴

- **Impaired Blood Sugar**
  - Drinkers are 2X more likely to be injured as non-drinkers⁷
  - (55% of drinkers vs. 24% of non-drinkers)

**DRINKING AFTER WORKOUTS**
Drinking the night after a workout inhibits important **HORMONAL RELEASE**
- Decreases natural HGH production by 70% when sleeping⁴
- Decreases cortisol production causing the loss of 14 days of training effect⁵
- Continues to inhibit blood sugar, further preventing recovery

**ALCOHOL CAN AFFECT:**
- Grip strength
- Short and long distance running performance
- Jump height
- Slow reaction time
- Faster fatigue in high-intensity exercise

**WANT TO LEARN MORE?**
Gordie Center for Substance Abuse Prevention
http://gordiecenter.studenthealth.virginia.edu/
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NCAA Sport Science Institute
www.ncaa.org/ssi

Sources:
5. Sport Nutrition Advisory Committee. Alcohol and Athletes

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