

Alcohol Use By Athletes

If you are a serious athlete, the best choice is to choose not to drink alcohol. If you do decide to drink, the recommendation is no more than 1 per day for females and 2 per day for males.

Did You Know?

- Consuming 3 or more alcoholic beverages at one setting can affect the brain & body for up to 3 days. This means, if you drink 3 or more beers on Saturday night, your performance on Tuesday will be affected.
- One alcoholic drink is about 150 calories.
- Your body metabolizes alcohol as fat, which means the benefits of weight training may not be realized and more conditioning may be needed to maintain weight.
- As your body attempts to get rid of alcohol, normal body functions are impaired. For example, your body is unable to absorb important nutrients.
- Alcohol dehydrates the body.
- Depending on sweat losses, an athlete may already require 12 or more cups of fluid each day (3 Nalgene bottles)!
- In addition, one alcohol beverage needs to be replaced with at least one cup of fluid, preferably water.
- Sleep patterns are affected by alcohol use resulting in fatigue and an impaired ability to recover from injury.
- Alcohol use decreases strength, power, speed and endurance.
- Reaction time, balance & coordination are affected by alcohol use.



If you would like additional information on alcohol & athletics, or to discuss concerns about your own or another's alcohol use, contact the

Office of Health Education
& Promotion

UNH Health Services
603.862.3823

Health Services, Room 249
www.unh.edu/health-services

Alcohol Use By Athletes: More Points to Consider



Look At Alternative Activities Other Than Drinking!

- Celebrate with your team by going out for pizza, or a movie
- Visit the After Hours Website for <http://unhmub.com/afterhours/>
- Go to the MUB for comedy night or another non-alcoholic fun event
- Get involved in campus activities
- Be a role model to other UNH students– get connected to peer education, or design a program yourself.

Let us help you succeed. Believe in yourself & be a role model to your teammates!

Moderate (2-3 drinks) alcohol use results in:

- Loss of motor coordination up to 12-18 hours after drinking
- Depleted aerobic capacity & negative impact on endurance

Other effects of alcohol which lasts for hours after the blood alcohol concentration has been returned to zero are:

- Impaired reaction time
- Impaired balance & eye/hand coordination
- Impaired fine and gross motor coordination
- Increase in fatigue– fatigue comes on more quickly

Alcohol also has a significant impact on:

- Cardiovascular system (alcohol ingestion raises blood pressure)
- Chronic alcohol abuse causes progressive weakening of muscles
- Alcohol use slowly depletes vitamins already in body and interferes with the absorption and storage of new nutrients
- Alcohol burns up supply of B Complex Vitamins