



WASTED WORKOUTS

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Athletes and non-athletes alike consume alcohol as a means to celebrate, relax, relieve stress or reduce inhibitions. When an athlete chooses to consume alcohol, as little as one drink can have a deleterious effect on their performance.

HOW DOES ALCOHOL IMPACT THE BODY?

SHORT-TERM EFFECTS

- **Hydration**—alcohol is a diuretic that can lead to dehydration.
 - Rehydration from one alcoholic drink requires consumption of twice as much water.
- **Motor skills**—slower reaction time, decreased hand-eye coordination and impaired balance.
- **Strength**—decreased grip strength, jump height and speed.

- **Aerobic performance**—faster fatigue, increased ventilatory stress and decreased lactate threshold.
- **Sleep**—disrupted REM sleep= hormonal suppression = impaired muscle synthesis and performance.



LONG-TERM EFFECTS

- **Weight gain**—alcohol has low nutritional value with one drink containing an average of 100-150 empty calories.
 - The body will store alcohol as fat by converting alcohol sugars into fatty acids.
- **Nutritional deficiencies**—decreases vitamin and mineral absorption, utilization and excretion (e.g. thiamin (vitamin B-1), vitamin B-12, folic acid and zinc).
- **Disease**—long-term, heavy drinking increases the risk of cardiovascular disease, anemia, liver damage, depression and dementia.
- **Illness and injury**—depresses immune function and contributes to delayed healing.
 - Injury rate for drinkers = 54.8% vs. non-drinkers = 23.5%

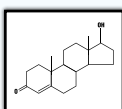
OTHER PHYSIOLOGICAL EFFECTS:



Cancels out muscle gains—decreases testosterone and growth hormone, and enzymes important in supporting muscle growth.



Depletes energy sources—affects the ability to produce fuel for muscle contraction, resulting in loss of energy and poor endurance.



Hormones:

- Increases glucocorticoids (most notably cortisol) - stress hormones that influence metabolism and development.
- Decreases human growth hormone (HGH) and testosterone—critical to muscle development and repair.

A healthy body is critical to achieving optimal performance for all athletes—it's important for the athlete to consider these consequences and how it will affect future training sessions, games and competition.