



# American Athletic Institute Research Shows Alcohol's Effect on Athletic Performance

*Based upon research with Olympic, professional, and amateur athletes, we know that:*

- Drinking to intoxication can **negate up to 14 days** of training effect
- Training hormones are diminished for up to **96 hours**, equal to 4 days following alcohol consumption
- Drinking alcohol after training negates training effect
- Drinking alcohol after competition hinders recovery
- Residual effect of alcohol from elite athlete lab test shows a negative effect on heart rate, lactic acid/muscle performance, and respiratory/ventilation levels.
- Muscle protein synthesis (repair of muscle fiber) is diminished, predominately in your fast twitch muscle fibers
- Vitamin B deficiency resulting from the diuretic effect of alcohol, and subsequent dehydration affects recovery and conversion of hormone precursors into androgenic training hormones
- Reaction time can be affected even 12 hours after consumption
- Players that drink are **TWICE** as likely to become injured
- Alcohol compromises an already vulnerable immune system
- The associated residual effect of the alcoholic hangover has been shown to **reduce athletic performance by 11.4%**
- Getting caught or arrested for under-aged drinking ruins collegiate opportunities and careers