

W.O.W.

WAC ON WELLNESS

SMARTER DRINKING AND ALCOHOL CONSUMPTION TIPS

Athletes and non-athletes alike consume alcohol as a means to relax, unwind, celebrate an event, or just enjoy the exotic and nuanced flavors alcoholic drinks can provide. When someone chooses to consume an alcoholic drink, they are making a decision to consume responsibly, but may not be responsible in the eyes of their own health and performance goals. Here are some tips and information regarding alcohol consumption, and ways to make smarter, healthier, and safer decisions!

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 strength, can impede workouts and performance goals.
- Aerobic performance—faster to reach fatigue, unable to continue with cardio workout.
- Sleep—disrupted REM sleep = hormonal suppression = impaired muscle growth 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%

GOALS AND TIPS:

- Fully rehydrate and refuel post-exercise before considering drinking alcohol.
 - 30-40 grams of protein, water, and a mix of carbohydrates and some fat!
- Maintain social life without compromising training and health goals – ask friends for help!
- When choosing alcohol, follow the guidelines of moderation:
 - 1-2 drinks per day for men, 1 drink per day for women.
- Consume a TWO to ONE ratio of WATER to ALCOHOL every time you drink
- Practice consuming lower alcoholic drinks FIRST – alcohol mixed with water and fruit, club soda, splash of juice, and/or over ice.
- DO NOT DRINK AND DRIVE!



BY MICHAEL DIBIASI

Registered Dietitian, Personal Trainer
& Wellness Coach WAC Menomonee Falls
mdibiase@thewac.com



Wisconsin Athletic Club

FIND YOUR FIT.

www.thewac.com/wow