

ALCOHOL AND EXERCISE

 Habif Health and
Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY



**REGARDLESS OF
YOUR FITNESS
GOALS, BE
KNOWLEDGEABLE
ABOUT HOW
ALCOHOL AFFECTS
YOUR WORK OUT!**



Calorie Burning

Calories can add up quickly while drinking because alcohol is calorically dense and often consumed with juices or soft drinks.

Alcohol consumption produces products that signal the body to halt fat burning and decreases the rate of other processes such as nutrient absorption.

Performance

Even small amounts of alcohol affect endurance. The body prefers to break down alcohol toxins compared to energy providing foods. This results in feeling more tired, weaker, and increases chances of dehydration.

Muscle Buildup

Alcohol consumption increases cortisol levels and disturbs sleep, especially in women, both of which affect muscle mass. Up to 3 days after heavy consumption, muscle cells cannot respond to training, Alcohol also impacts injuries by decreasing lactic acid breakdown and slowing injury healing.

Heart Rate

Exercising with a large amount of alcohol in your body places stress on your heart, resulting in irregular heart rhythms. This effect is the worst 2 days after heavy consumption.