

Achieve Peak Performance By Making Healthy Choices

Tip of the Month

Reduces performance potential by as much as 15-30%

- 2x more likely to be injured if you drink
- Slows reaction time and inhibits coordination
- Smoking marijuana or vaping can cause respiratory problems and decrease aerobic capacity

Facts About Drug and Alcohol Use



One night of binge drinking (many drinks at one time) will erase 2 weeks of practice

Alcohol suppresses training hormones for up to 4 days so you won't improve as quickly

Casco Bay CAN

CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE USE



www.cascobaycan.org



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services