

The effects of alcohol on your fitness goals

The good the bad and the ugly

For many, exercise is used as a way to maintain weight or is used as a weight loss program. But consuming alcohol contributes to empty calories that may inhibit your fitness goals. Alcohol can stunt recovery time between workouts as well as contribute to weight gain. A stunted recovery time means that the muscle is building lean muscle mass at a decreased rate. This prevents the muscles from growing stronger.



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For Information on Campus about alcohol you can visit or contact:

Alcohol Drug Abuse Prevention Team (ADAPT)

Scott Markland

Phone (937)-229-1233

Scott.markland@notes.udayton.edu

Or

- <http://campus.udayton.edu/~adapt>
 - McGinnis Center 112
 - Hours: 8:30 am– 4:30 pm

University of Dayton
Dining Services

Wylan Ganote RD/LD

Prepared By Brittney Gaydosh 2008

Email Questions to :
Wylan.Ganote@notes.udayton.edu



ALCOHOL

Does it ruin your fitness goals?



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Feeling Dehydrated?

After a long night of drinking you may wake up the next morning with a pounding headache. This headache is caused by the dehydrating effects that alcohol has on the brain. Dehydration resulting from alcohol consumption, causes the brain to slightly shrink away from the skull, thus resulting in a headache.

Not only can alcohol give you a headache, but it may prevent you from making it to the fitness center the next day because of a hangover. ***Some hangover symptoms include:*** dehydration, headache, fatigue, nausea, diarrhea, and weakness. Dehydration plays a negative role in the muscle building process. Muscles need water to continue to build and grow, and when they are not given the proper hydration they cannot function at maximum capacity.

Alcohol and Late Night Eating

Do you ever wonder why you wake up after a night of drinking with empty pizza boxes, or Jimmy John wrappers covering your floor. Alcohol can sabotage your body's ability to regulate appetite. Normally, after consuming an excess amount of calories, your body reduces your appetite for the rest of the day. But, when you consume alcohol the opposite effect happens. In fact, ***alcohol stimulates your appetite*** causing you to order that "Big Ten" or sub that you are craving by the end of your night.

DID someone order the "Big Ten" with two sprites



Consuming Alcohol in EXCESS

Alcohol contains 7 calories per gram and does not provide any carbohydrates, protein, vitamins or minerals, and fat that the body need to maintain proper functioning. Next time, if you decide to drink, remember that the liquid calories from alcohol contribute to your daily values of about 2000 calories per day.

Common Alcohol Beverages with Calorie (kcal) Content

Standard 12 oz serving of beer

- Bud Light 110 kcal
- Keystone Light 104 kcal
- Miller High Life 143 kcal
- Milwaukee's Best 128 kcal
- Natural Light 95 kcal



Standard 1.5 ounce liquor containing 80% alcohol

- Absolute Vodka 104 kcal
- Smirnoff Vodka 104 kcal
- Bacardi 151 Rum 122 kcal