



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Alcohol Is Never A Good Exercise

**Having a few beers or other alcoholic drinks after strenuous activity can be detrimental, even dangerous to one's health.**



Alcoholic drinks are common at softball games, after racquetball or at the golf course. Drinking may be associated with having a good time, and some people think that a drink will help them loosen up or perform better.

However, athletes and alcohol make a losing team. Mayo Clinic's Nutrition Newsletter reports that alcohol not only fails to quench thirst, it slows down the release of the hormone that helps the body retain water. During prolonged vigorous activity, the body needs extra fluid. Alcohol does not provide the necessary fluid demands required by the body.

Judgment, reflexes and coordination are essential to athletic performance. Alcohol is most apt to impair these abilities. If you participate in exercise or other athletic activities to lose or control your weight, alcohol won't help, alcohol will help you stack up calories and may rob your body of nutrients.

Substantial alcohol use often is associated with mineral and vitamin B deficiencies, the liver must use B vitamins (thiamine and niacin) to process alcohol which doesn't allow these vitamins to perform other key functions.