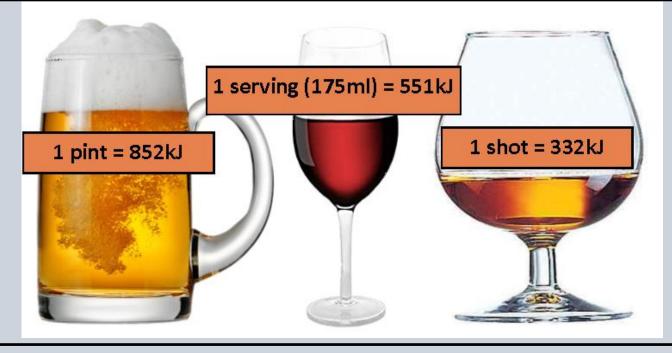


## THINK before you DRINK!



R. Moore RD (SA) Z. Simjee RD (SA)
National Teams' Dieticians



## Did you know this about Alcohol?

Alcohol contains lots of empty calories—which the body stores as *fat*Alcohol decreases grip strength, jump height and speed.

Alcohol decreases growth hormone and testosterone— both are needed for muscle development and repair





