

PHYSICAL EFFECTS

- **Alcohol promotes water loss. You will be soooo thirsty!**
- **Water loss caused by alcohol consumption involves the additional loss of important minerals such as magnesium, potassium, calcium and zinc. That means you will be less coordinated and your muscles will not work as well. Not a pretty picture.**
- **Alcohol will raise your blood pressure. Not what you need before the big game.**
- **The use of alcohol results in becoming exhausted quicker when you exercise. Just what you need before all those push ups!**

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