



ALCOHOL

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ALCOHOL AND YOUR FITNESS GOALS

By now, you should know that your coaches are in FULL SUPPORT of you maintaining relationship with friends and family whilst having health and fitness goals! Due to this, we regularly get questions about alcohol.

To give you some clarity, we are going to provide you with statistics from evidence based research, as well as our suggestions if you do want to have drink!

THE FACTS:

- Alcohol is considered its own macronutrient. It provides no nutrient benefits the way food does. So the calories consumed do not go toward muscle growth, tissue repair, energy or assist with hormone function like protein, fats and carbohydrates.

- Always get ridiculously hungry at the end of a big one?? Alcohol sends your blood sugar levels up and down like a roller coaster ride - even more so for cocktails and alcoholic drinks with added sugars!. When your blood sugar levels crash, your energy decreases and your body does what it does best and sends you signals to eat to help! So as a result you're starving – if you pair this with decreased inhibitions from alcohol.. you're likely to opt for that late night burger.

- Interested in losing belly fat?? Binge drinking, or consuming a large number of alcoholic drinks in a short period (like a night out), is linked to higher levels of central adiposity (fat around your belly) than the same number of drinks consumed, but spread across the week.

- If you're aiming to increase muscle mass to have more muscle definition (or "tone up"), then you may want to pass on regular alcohol intake. A study in 2014 found that those who were given a large dose of alcohol, with either protein or carbohydrates in their post workout meal, reduced their post-workout protein synthesis by 24% and 37% respectively. That is around 1/3 of your muscle building abilities post-workout completely diminished!!!

- Wanting to get stronger? In one study, 6 standard drinks caused 11-19% strength loss compared with drinking orange juice. The same study mentioned earlier in 2014 also found that strength output for training was inhibited for up to 36 hours after drinking!

Those are all some pretty damning statistics, but it's not all bad news! The overall advice we will give, with all statistics considered, is this:

- Like everything MODERATION IS BEST! If you have body composition goals, try not to go crazy on drinks on a night out. Instead, enjoy a drink or two and appreciate the social occasion! You can have your drink, and still not blow your goals out of the water!

- Maybe opt against the fancy cocktail, they're the ones hiding the most calories. Try



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a spirit and soda water infused with fruit for something sweet!

- Don't forget to drink a glass of water between each drink. Not only will it help you slow the drinking down (if your goals are fat loss based, this is important!), but it will also help with your hydration and help your body recover better the next day!

Alcohol abuse-duration dependent decrease in plasma testosterone and antioxidants in males.

<https://www.ncbi.nlm.nih.gov/pubmed/17193902>

Effects of acute alcohol intake on pituitary-gonadal hormones in normal human males.

<https://www.ncbi.nlm.nih.gov/pubmed/894528>

Alcohol Ingestion Impairs Maximal Post-Exercise Rates of Myofibrillar Protein Synthesis following a Single Bout of Concurrent Training

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3922864/>

