

Get a Six Pack, Not a Keg

Alcohol has many effects on the body. Not only does it slow down the central nervous system causing a decrease in motor coordination, reaction time, and intellectual performance, but it also wrecks havoc on physical progress by adding fat to the body and breaking down muscle.

Are the calories really worth it?

- Alcohol supplies calories but no nutrients, meaning the total amount of alcohol consumed will have to be burned off. If not, the extra calories are at risk for being stored as fat.
- The body treats the calories in a can of beer or a shot of vodka like a donut.

Weight gain associated with alcohol consumption:

- Alcohol is a significant source of calories, and drinking may stimulate eating, particularly in social settings
- Calories in liquids may fail to trigger the physiologic mechanism that produces the feeling of fullness.
- Even infrequent alcohol-related overeating could lead to weight gain over time.

Alcohol & Muscle:

- Alcohol is catabolic (it breaks down muscle)
- Consuming alcohol after a workout, practice, or competition can cancel out any physiological gains received from an activity.
- Short and long term alcohol use diminishes protein synthesis resulting in decrease in muscle building

Water retention anyone?

- At first, alcohol acts as a diuretic, losing excess water in the body, but this loss of fluid can progress to the point of dehydration.
- When the body becomes dehydrated, it begins to hold onto water, causing a person to become bloated
- Bloating occurs more readily in women, because their tissues are designed to fluctuate or expand for pregnancy.

**How much damage are YOU doing during one night out?
Do the math...**

Beverage	Ounces	Calories
Beer, Regular	12	149
Beer, Light	12	110
Gin, rum, vodka, whisky, tequila	1	65
Brandy, cognac	1	65
Liqueurs	1.5	188
Wine, Red	4	80
Dry, white	4	75
Wine, Sweet	4	105
Sherry,	2	75
Port	2	90
Champagne	4	84
Vermouth, sweet	3	140
Vermouth, dry	3	105
Cocktails, Martini	3.5	140
Manhattan	3.5	164
Daiquiri	4	122
Whiskey sour	3	122
Margarita cocktail	4	168
Coolers	6	150

Make sure you add in the D.P. Dough or Casa Pizza you ate on the way home

Tips for getting a six pack:

- **Eat Well**
 - The way the body looks is mainly contributed to what is eaten each day.
 - A healthy diet should consist of 5-6 small meals every 2-3 hours apart that combine fresh fruits and vegetables, lean proteins, complex carbohydrates, and healthy fats.
- **Do cardio**
 - Before showing off that six pack, burning off the layer of fat that is covering it up has to be dealt with first
 - Performing a variety of moderate to high intensity cardio exercises 5-6 days per week will lead to a sexy mid-section
- **Drink Up (Water that is!)**
 - Active adults should consume 90-128 ounces of water a day
 - Water improves body functions and prevents bloating