

Blood Alcohol Level (BAL)

.04 - Inhibitions Lowered

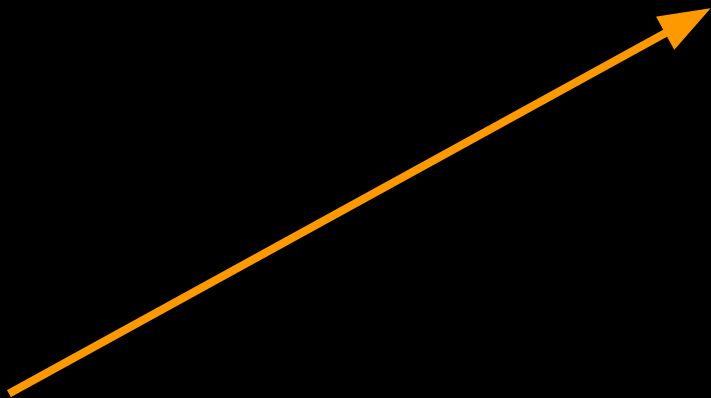
.08 - Reaction Times Impaired

.15 - Coordination Impaired

.2 - Blackouts Common

.3 - Stupor

Blackouts



How fast you drink.



Smoking too.

Sleep



Drinking Before

- Compromised motor skills
- Decreased coordination
- Delayed reactions
- Diminished judgment
- Impaired balance
- Increased risk of injury

~72 Hours (3 Days)

Drinking After

- Dehydration
- Less Optimal Nutrition
- Inhibited muscle growth and repair
- Prolonged recovery period
- Inadequate recovery period
- Lack of desired muscular adaptations

Hangovers

