

唔飲酒

運動表現更好！

STAY SOBER, SPORT BETTER!



運動前後飲酒，有機會：

If you drink alcohol before or after sport, you might risk:

加重肝臟負擔，導致低血糖

Low blood glucose because of increased liver's burden

增加排尿，容易脫水

Dehydration due to increased urine output

影響運動表現，增加受傷甚至死亡(如溺水)的風險

Poorer sport performance and increased risk of injury or even death (such as drowning)

減慢肌肉復原

Slower recovery of muscles

#酒為下著
#AlcoholFails

更多酒精與健康的資訊

More information about alcohol and health

www.change4health.gov.hk/alcoholfails

