

Drug Free Tips

Having a healthy diet will give you all the energy you need to be fit and healthy. Caffeine and Guarana are expensive products that are not necessary and not good for you.

Drinking too much caffeine (i.e. Coke, Milo and coffee) can dehydrate you, increase your heart rate, keep you awake and can affect your coordination.

Caffeine is not recommended for people under 15 years. Energy drinks such as Red Bull, V and Lift Plus contain caffeine.

Guarana is a natural source of caffeine. Products promoting guarana as an ingredient are simply giving you a caffeine hit.

During exercise, people who smoke:

- are more easily exhausted than people who don't smoke;
- get short of breath more easily than people who don't smoke;
- can't do as much for as long as people who don't smoke can; and
 - don't react as fast as people who don't smoke do.

Alcohol promotes bleeding and swelling in sports injuries, which delays the healing process and recovery time. You should avoid alcohol for at least 48 hours after sustaining an injury.

No drug is an adequate substitute for a well conceived and thoughtfully implemented training program.

3 months after quitting smoking, the lungs are able to clean themselves and blood flow improves.

Steroid use is particularly risky for young people. If used while a person is still growing, steroids can cause a number of problems including stunted growth!

Some drugs like alcohol, caffeine and amphetamines can affect your body temperature and put you at risk of heat illness. Be Drug Free when exercising!

Cannabis impairs skills requiring hand-eye coordination and a fast reaction time. This skill impairment can last 1-2 days after use.

Weight for weight, cannabis smoke has higher tar content than tobacco. Therefore long-term regular heavy use increases your risk of bronchitis, lung cancer and respiratory diseases.