

Alcohol	Nicotine
Heart failure	Strokes
Increased blood pressure	Bronchitis
Increased weight	Heart disease
Liver disease	Blood clots
Cancer	Emphysema
	Lung Cancer

Negative Effects on Performance

Alcohol	Nicotine
Slower reaction times	Causes breathlessness
Drinker less mobile due to excess weight	Reduces oxygen carrying capacity
Loss of coordination	Negative impact on performance in all aerobic or endurance based sports
Loss of concentration	
Negative impact on performance in all sports	

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