



# Agricultural Workers Are Athletes!

Alcohol use and hydration for agricultural workers

Migratory and Seasonal Agricultural Workers (MSAWs) can burn the same amount of calories per hour as basketball or soccer players. <sup>1,2</sup>  
It is important to fuel your body with what it needs!

Working on a farm means treating your body like your favorite athletes do by eating healthy foods and drinking plenty of water.

Being careful about how much alcohol you drink is a big part of taking care of your body.



### Drinking too much alcohol:

- Slows down your body's ways of healing your muscles
- Damages your liver and kidneys
- Makes you sleep less
- Makes you dehydrated
- Lowers your ability to handle hot days



### Take care of your body like an athlete:

- Avoid drinking alcohol at all
- Be sure to drink water and eat foods with electrolytes, like watermelon and bananas, especially before and after work
- If you do drink, stick to drinks with less than 4% alcohol and don't drink more than 2 drinks per day for men or 1 drink per day for women



**Call for Health helpline**  
If you have any questions,  
call or text us for free in  
Spanish or English!  
1 (800) 377-9968  
or through WhatsApp  
+1 (737) 999-4162.

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**Hydrate your body a day before work to perform better than your favorite soccer player!**

- References:
1. Calories burned in 30 minutes of leisure and routine activities. Harvard Health. July 1, 2004. Accessed May 20, 2026. <https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-for-people-of-three-different-weights>
  2. Culp K, Tonelli S. Heat-Related Illness in Midwestern Hispanic Farmworkers: A Descriptive Analysis of Hydration Status & Reported Symptoms. *Workplace Health Saf.* 2019;67(4):168-178. doi:10.1177/2165079918813380