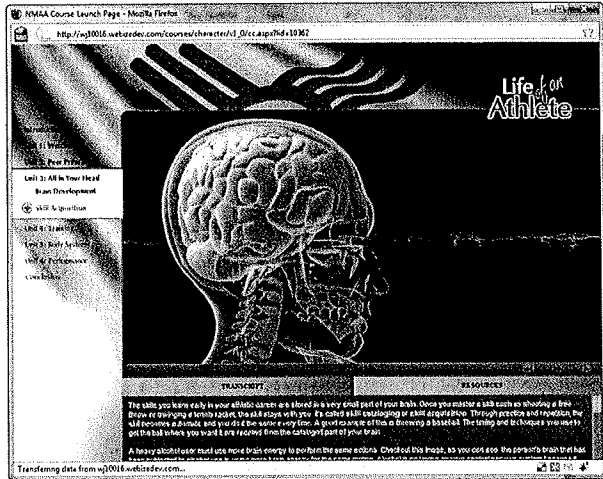
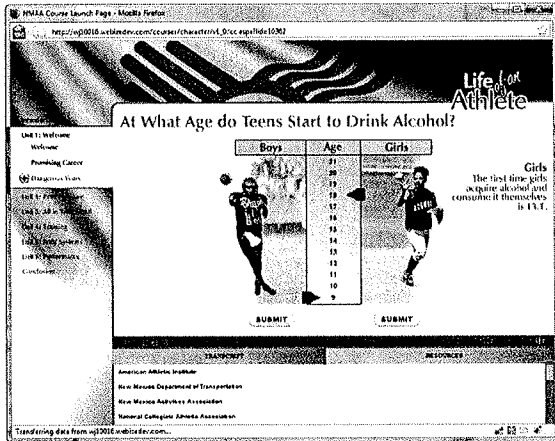


Life of An Athlete.com

Life of an Athlete



The “Life of An Athlete” program is a free, 45-minute course and is believed to be the first interactive on-line program designed to teach high school student-athletes about the dangers of alcohol consumption related to their athletic performance and their life. The New Mexico Activities Association, the governing body for all interscholastic sports and activities in the State of New Mexico, launched this program with the support and assistance of the New Mexico Department of Transportation.

Log onto www.lifeofanathlete.com and learn how and why alcohol actually ruins your athletic performance.

Directions:

- 1) Log onto www.lifeofanathlete.com
- 2) Click on the “REGISTER” button on the upper right hand corner
- 3) Complete the registration information
- 4) Begin and complete the course
- 5) Print your certificate of completion

Questions:

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