ALCOHOL AS PART OF A BALANCED LIFESTYLE

Getting more out of life means taking care of yourself and finding the right balance so you can enjoy life everyday. Eat well. Get lots of exercise and sleep. And most adults can include moderate drinking as part of a balanced lifestyle. Here are some important facts:

The Chief Medical Officers’ guideline for both men and women recommends that to keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.

EACH SERVING BELOW CONTAINS A SIMILAR AMOUNT OF ALCOHOL
Remember that alcohol contains calories

- Generally, 25ml of distilled spirits (Rum, Vodka, Whisky) has about 55 calories
- A 175ml glass of Wine has about 125 calories
- Beers range from: ½ pint of Bitter ½ pint of Lager 85 calories 80 calories

Simple tips to enjoy drinking while you’re watching your weight

DRINK IN MODERATION

NEAT SPIRITS AND LIGHT BEER HAVE THE LEAST CALORIES

LOW CALORIE MIXERS

Balancing alcohol with exercise
Exercise is of course a great way to burn calories, have fun and keep in shape. Since drinking can affect reaction time and spatial awareness, and can dehydrate you, drinking while exercising is not recommended. And straight after exercise, nothing beats water.

Once you’re hydrated, you could choose to relax with friends after recreational activity and toast your performance with a drink.