

WellbeingZone

The unique
online wellbeing
resource...

Alcohol – know your limits!

Think before you drink...

You don't have to be an alcoholic to be at risk of damaging your health. Regularly drinking just above recommended levels can be harmful.

The recommended weekly limits are 14 units for women (and no more than 3 units in any one day), 21 units for men (and no more than 4 units in any one day), with at least 1 alcohol-free day each week.

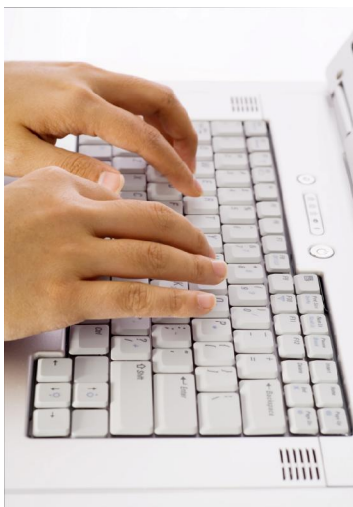
Most people who regularly drink more than these levels don't see any harmful effects at first. Alcohol's hidden harms usually only emerge after a number of years. And by then, serious health problems can have developed. Liver problems, reduced fertility, high blood pressure, increased risk of various cancers and heart attack are some of the numerous harmful effects of regularly drinking above these recommended levels.



Here's a reminder of drinks and units of alcohol:

An average 175ml glass of wine	=	1.5-2.0 units of alcohol
1 pint of normal strength lager	=	2.0 units of alcohol
1x 275 ml average bottle of alcopop	=	1.5 units of alcohol
A single measure of spirits	=	1.0 unit of alcohol

So, if you think you're drinking too much, try to cut down!



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If you don't yet have a Username & Password, you can enter the following **Organisation Code** to get started:

HEFT1