



WellbeingZone

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Avoid Binge Drinking

There are a number of different definitions as to what 'binge' drinking really is. The one thing they all agree on is the long-term harm to a person's health & wellbeing.

The description that is most often used is that it's when you drink more than half your weekly limit in one day. This can cause abnormal heart rhythms and regular bouts of heavy drinking may even cause an enlargement of the heart.

The recommendation for **women** is not to drink more than **1 to 2 units a day** and **men** shouldn't exceed **2 to 3 units a day**. It's also important to remember to have at least 2 alcohol-free days each week.

So what is a unit? A unit is roughly equivalent to half a pint of ordinary strength beer or cider, a small glass of wine, or a pub measure of spirits, or fortified wine like sherry. If a woman consumes 5 to 6 units in an evening or a man drinks 8 to 9 units, they are guilty of binge drinking.

Drinking more than the recommended amount of alcohol per day can lead to increased risk of high blood pressure and stroke, as well as damaging effects on the liver, the nervous system and quality of your life.



What's New?

Here's a look at some topics we'll be featuring on the site in the next few weeks...

- Events – Decembeard - Beating Bowel Cancer Month
- Healthy Mind – Good Health starts from a sense of wellbeing, Why am I tired all the time?, Feeling Good, Having trouble sleeping?, Work-Related Stress, Relax Your Mind, Coping with Stress in the Workplace
- Healthy Body – Exercise and Sleep, Can Exercise keep colds at bay?, Why Stretching Feels Good, It doesn't have to be hell to be healthy, Let's Dance, Muscles and Exercise Quiz
- Healthy Life – The Financial Cost of Smoking, How to enjoy a drink sensibly, The Health Benefits of Fruit, The Health Benefits of Giving up Smoking, Eat more fibre!, Alcohol - Tips for Cutting Down



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