BENEFITS OF DRINKING LESS ALCOHOL

Making changes to your alcohol use can have a positive effect on your health and well-being. Cutting down on your drinking can help you:

WATCH YOUR WEIGHT
Just like any other food or beverage, alcohol has calories. What many people don't know is the amount of calories they are drinking. For example, there are around 600 calories in an average bottle of white wine! Cutting down on how much alcohol you drink is a great way to cut out some empty calories and stay in shape.

SLEEP SOUNDLY
Drinking less alcohol means that you can improve the quality of your sleep and feel more refreshed in the morning. Cutting down on alcohol can put a little spring in your step.

SAVE FACE
Alcohol dehydrates your skin and robs it of vital skin nutrients, leaving skin red, splotchy and dry. By drinking less alcohol you are keeping your skin fresh, hydrated and youthful!

REDUCE STRESS
Some people say that they drink alcohol to relax, but in fact because alcohol is a depressant and over time it can increase depression, anxiety and stress.

AVOID HANGOVERS
Drinking within the CDC recommend guidelines (men no more than 2 drinks/day and women no more than 1 drink/day) can reduce your risk of any alcohol related harm. The more abstinence days you have in a week the better.

STAY HEALTHY
Cutting down on your drinking can be a positive step to your overall health. Drinking less alcohol reduces the risks of alcohol-related cancers, diabetes, heart disease and stroke. Drinking less also keeps your liver happy! Strategies to drink less alcohol

- Know what a drink is (a drink =12 ounces of beer, 5 ounce glass of wine, or 1.5 ounces of liquor).
- Keep track of your drinks.
- Plan ahead and set a limit.
- Alternate with non-alcoholic drinks, such as water.
- Space your drinks. Take a break of 1 hour in between.
- Eat and drink water before and while you are drinking alcohol.