

DRINK LESS ALCOHOL

2 glasses of wine = the calorific equivalent of a bag of chips!



Think of it like that and suddenly a glass of wine at the end of the day seems somewhat less appealing! The only use for alcohol in your body is in storage - as body fat. Forget about good results from exercise and diet while you're still flirting with alcohol.

Consumed with food, alcohol blocks the absorption of key vitamins and minerals, leaving the food greatly depleted of nutritional benefit. I hate to be the one to tell you so, but drinking alcohol with food increases your intake of 'empty' calories further. You're only edging yourself further towards greater or future weight problems!



If drinking has become a regular part of your daily life then you are likely to have gained weight over the years – maybe a substantial amount. Like sugar, drinking alcohol causes your blood sugar to rocket. Before you know it, you've got the munchies and eaten a whole lot more than you had planned!

'Too much alcohol puts you at risk of cancer of the mouth, larynx (voice box), oesophagus (foodpipe), liver, breast and maybe bowel. Smoking and drinking together increases your risk even more. Researchers also estimate that alcohol causes 2000 cases of breast cancer in the UK every year.'

Cancer Research UK



Don't kid yourself. Continuing to drink alcohol on a regular basis will sabotage your chances of losing body fat and succeeding with this program. Be disciplined.



SIMON'S TIPS: ALCOHOL

For every glass of wine, spirit or beer consumed, make sure that you have a glass of water in-between. This will lower the effect of alcohol on your body, reduce the chance of a hangover and help process the consumed alcohol more quickly.

If you drink red wine, try using a white wine glass. This will reduce the amount of drink in your glass at any one time, and reduce the temptation to pour yourself a large measure, that a red wine glass would afford.

From the start of this program, pick a day on which to start cutting down. Go for a day when you are likely to be relaxed and not under pressure. Plan ahead for a day when it is easier to avoid alcohol.

SIMON'S TIPS: ALCOHOL

Work out how to avoid situations when you know you end up drinking more. Tell other people you are cutting back, to avoid them putting pressure on you to drink.

Changing drinking habits takes time and sometimes it is difficult to drink less. Keep focus on the positive things you are achieving by cutting back.

Be aware of what an alcoholic unit is. 1 unit is not equal to one glass of wine or pint of beer, as many people think. A premium beer (5% volume) can equal 3 units, while a small glass of wine contains 2 units! A double shot of spirits is also equal to 3 units.



On this program we want you to aim for a maximum of 12 units per week, less if possible. The recommended daily units of alcohol are 3 units (women) and 4 (men), with at least 2 alcohol-free days a week.

Have your first alcoholic drink of the night a little later. You will end up drinking less in an evening.

Avoid the 'quick drink after work' routine. Going straight home, even a couple of times a week, can help reduce your weekly intake.

Try to have 1 or 2 alcohol-free nights a week, if you find that you drink regularly. Do activities that don't involve social drinks on these days.

When out with friends, don't get caught up in rounds of drinks, or else you will find yourself drinking more than you might have originally planned. Set yourself a limit and stick to it.



Don't drink on an empty stomach. ALWAYS make sure that you have had something to eat beforehand if you know that you are going to have a few drinks.



Try to cut down on the wine and beer and opt for a spirit instead. Having a vodka tonic or gin and tonic will help reduce your calorie intake from alcohol and persuade you to drink at a slightly slower rate. It will also not dehydrate you quite as quickly as the other two alternatives. What's more, it will work out more expensive so might just make you think twice about ordering too many!