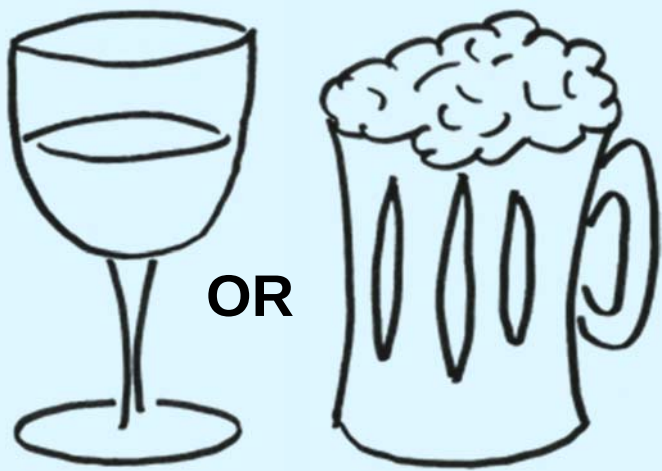
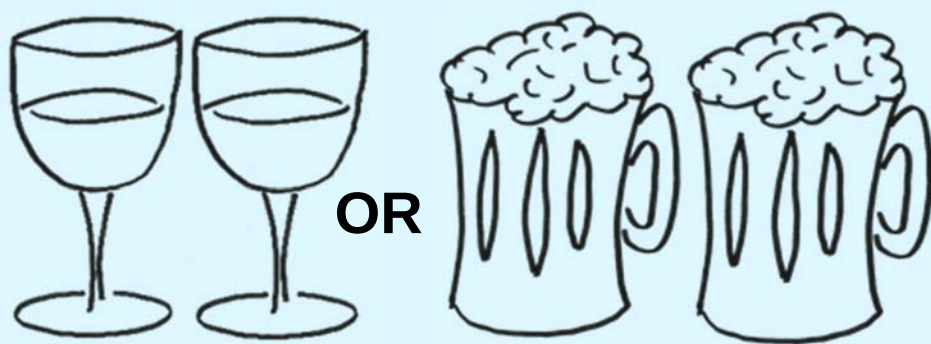


Impact of Alcohol



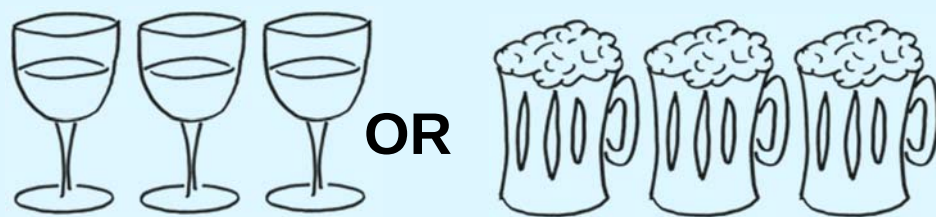
Approximately two units:

- You're talkative and you feel relaxed
- Your self-confidence increases
- Driving ability is already impaired



Approximately four units:

- Your blood flow increases
- You feel less inhibited and your attention span is shorter
- You start dehydrating, one of the causes of a hangover



Approximately six units:

- Your reaction time is slower
- Your liver has to work harder
- Your judgment may decrease



Approximately eight units:

- You're easily confused
- You're noticeably emotional
- Your sex drive may decrease
- You may become less capable of reacting to normal situations

For more information visit the NHS pages:

www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx

Why Every Other One Water?

Alcohol is a **diuretic**; it makes you go to the toilet more.

This means you can get **dehydrated** very easily, which is one of the major causes of a hangover. So, the more water you drink to rehydrate before, during and after drinking, the less severe your **hangover** is likely to be the next morning.

So...

Have a big glass of **water** before you start drinking, then try to drink a glass of **water** for every alcoholic drink that you have during the evening - and then drink another large glass of **water** when before going to bed.

Your body will thank you for it in the morning!!

For more information, go to

www.worcester.ac.uk/discover/fit-4-life

