

Heavy drinkers exercise to burn off alcohol: British study

November 26 2009

More than a quarter of drinkers in England who exercise regularly do so in an attempt to make up for bingeing on alcohol, according to a survey published Thursday.

A total of 28 percent [exercise](#) in an attempt to burn off alcohol and one in five drink more than double the safe amounts recommended by doctors, the poll found.

Experts warned that while exercise can help with [weight loss](#) and keep the heart healthy, it would not counteract the effects of excessive alcohol consumption, such as liver cancer, mouth cancer and strokes.

The poll of more than 2,400 adults in England found that 19 percent who take regular exercise and drink [alcohol](#) admit to guiltily visiting the gym or the [swimming pool](#) after a heavy night out.

The figure rose to 28 percent among heavier drinkers.

Gillian Merron, public health minister, said: "Everyone knows that regularly taking part in physical activity is important for maintaining good health.

"But the truth is, if you have a big night at the pub, you're not going to compensate with a workout the following day.

"Damage from regularly drinking too much can slowly creep up and you

won't see it until it's too late."

British health authorities have long sought to change a heavy boozing culture which brings chaos to many town centres on weekend nights.

(c) 2009 AFP

Citation: Heavy drinkers exercise to burn off alcohol: British study (2009, November 26)
retrieved 6 May 2024 from

<https://medicalxpress.com/news/2009-11-heavy-drinkers-alcohol-british.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--