



Health & Fitness Weekly Wellness Message

did you know?



All the above contain the same amount of absolute alcohol!

Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices. Drinking too much alcohol can lead to health problems, including alcohol poisoning, hangovers, and an increased risk of heart disease. This April, during Alcohol Awareness Month, Health Fitness encourages you to take this time to educate yourself and your loved ones about the dangers of alcohol abuse.

In small doses, alcohol has some positive health benefits. However, the problem is that social situations can lead to more drinks than you originally intended and people don't always know how much is considered too much. According to health experts, moderation means no more than one alcoholic drink per day for women or 2 per day for men. A drink is defined as a 12 ounce beer, 5 ounces of wine, or 1 ½ ounces of hard liquor. How do you know if you have a real problem with alcohol? If you answer "yes" to any of the following questions, you may have a problem:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

If you are drinking too much, you can improve your health by cutting back or quitting. Keep track of how much you drink, avoid places where overdrinking occurs, and find new ways to deal with stress. If you are concerned about someone else's drinking, offer to help. Here are a few strategies to get you started:

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.
- If you keep alcohol in your home, keep only a limited supply.

More information and resources on alcohol can be found at the following sites:

National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, Family History of Alcohol: Are You At Risk?
(<http://pubs.niaaa.nih.gov/publications/FamilyHistory/famhist.htm>)

National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, FAQ's on Alcohol
(<http://www.niaaa.nih.gov/FAQs/General-English/>)

Upcoming Noteworthy Events: Executive Health Assessments /Treadmill testing
April 10th in building 59, room 118
Stop by Health Fitness to sign up!

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