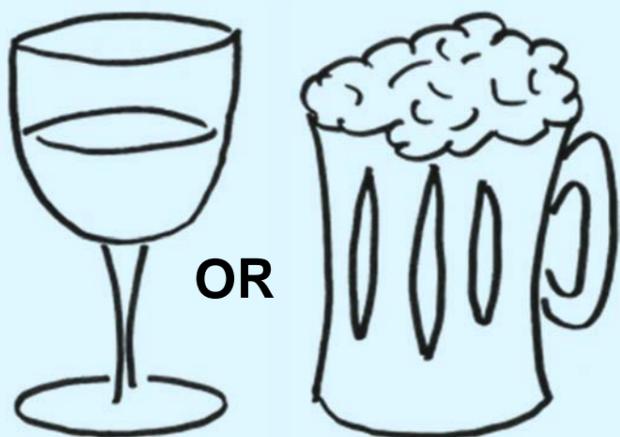
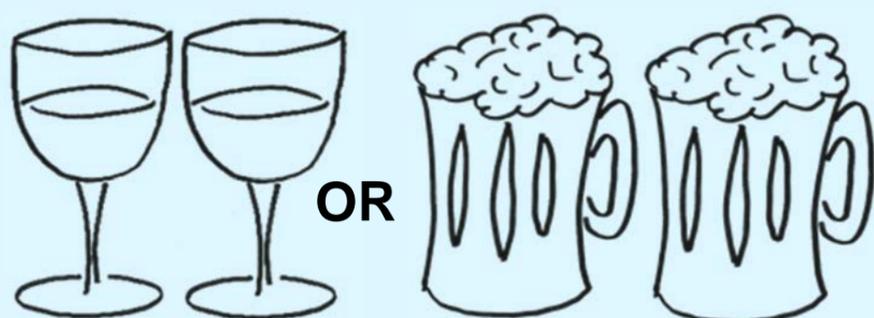


## Impact of Alcohol



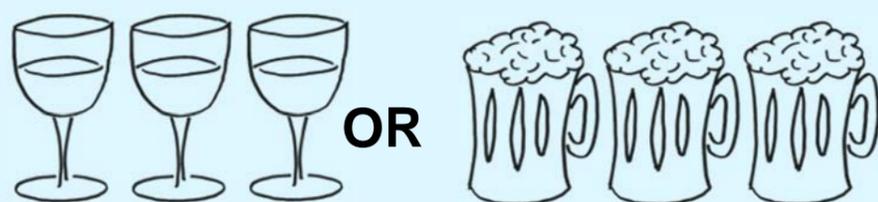
### Approximately two units:

- 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](http://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](http://www.worcester.ac.uk/discover/fit-4-life)

