



10 BE A BETTER MAN POWER MOVES

FOR MANAGING YOUR DRINKING HABITS



INTRODUCTION:

Drinking habits can have a significant impact on our health, relationships, and overall well-being. In this guide, we will explore 10 power moves to reduce alcohol consumption and take back control of our drinking habits.



Let's Go.

I have also attached my Post Booze Battleplan which may be of use.

WHY IS THIS IMPORTANT?

The effects of excessive alcohol consumption are well known and can include negative impacts on health, relationships, and overall well-being. By taking control of our drinking habits, we can improve our health, maintain positive relationships, and increase our energy levels.



The Problem:

Your training and genetics load the gun, but your lifestyle pulls the trigger. The calories from alcohol are not necessarily the problem; it is the effects that cause all the damage.

KEY PRINCIPLE:

The key principle to reducing alcohol consumption is to take back control and make conscious choices about your drinking habits.

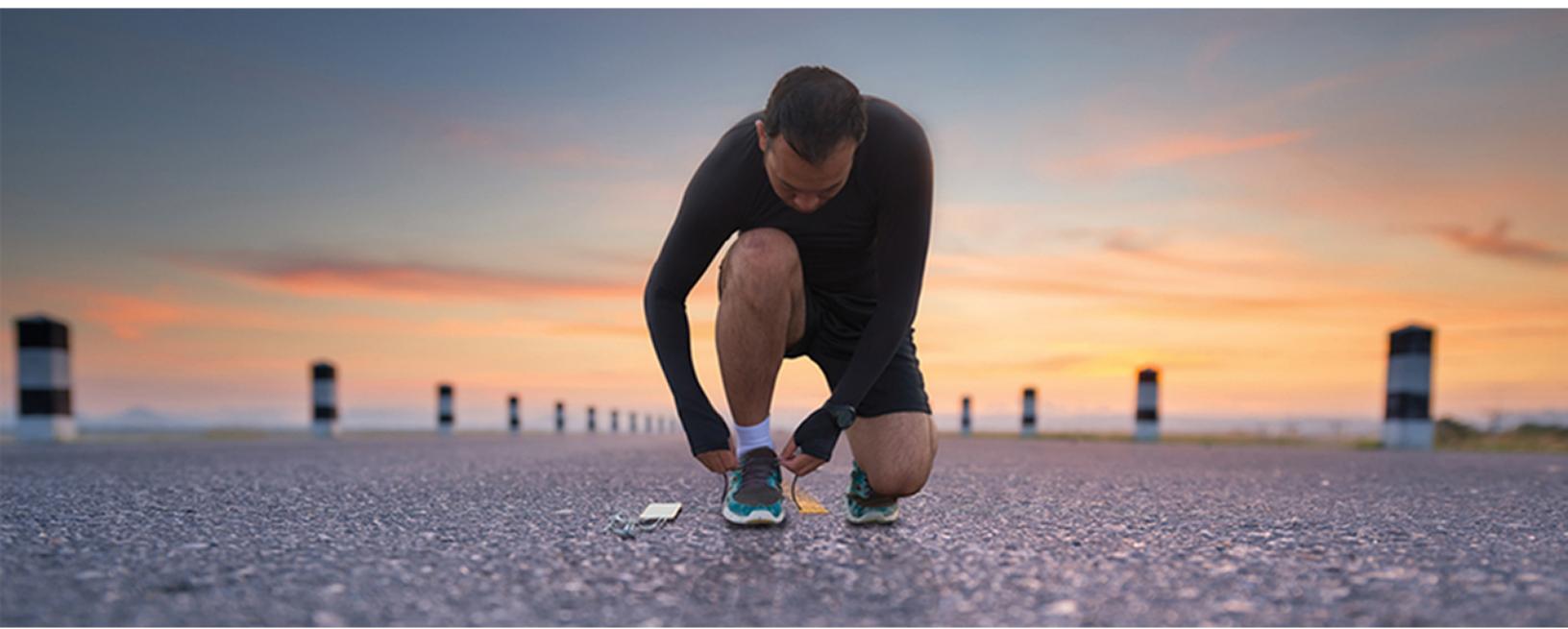
10 POWER MOVES TO TAKE BACK CONTROL:

1. **Set Limits:** Decide on a set number of drinks you will have each week or each time you drink and stick to it.
2. **Alternate Drinks:** Alternate alcohol with water, soda, or juice to slow down your drinking and stay hydrated.
3. **Slow Down and Know Your Tipping Point:** Savor each drink and take breaks between drinks to avoid consuming too much alcohol too quickly. Become aware of the number of drinks you need before anyone else becomes insignificant.
4. **Find Alternatives:** Try non-alcoholic drinks or mocktails, or switch to lighter alcoholic drinks such as wine or light beers.



KMF

5. **Avoid Triggers:** Avoid situations or people that encourage you to drink more than you intended.
6. **Keep Busy:** Fill your evenings or weekends with non-drinking activities such as exercise, hobbies, or socializing with friends.
7. **Avoid Boredom:** Avoid boredom, which can lead to drinking, by keeping busy and finding activities you enjoy.
8. **Remember Your Goals:** Remind yourself why you want to reduce your alcohol consumption, such as improved health, better relationships, or increased energy levels.
9. **Do an Audit of Your Social Circle:** Surround yourself with positive people who support your decision to reduce alcohol consumption, and avoid those who encourage excessive drinking.
10. **Keep Track:** Keep a record of how much you drink each day or week. This will help you monitor your progress and keep yourself accountable.



THE DRINKING QUESTION TO CONSIDER:

What is my tipping point? This is the drink that after you consume it, every other drink has no positive impact.

THE HIGH-PERFORMANCE POST-DRINKING BATTLE PLAN

Here is the 10 steps I follow to ensure my energy and mental well-being is in a great place despite big nights out.

1. Drink 2 pints of water with a Berocca/multivitamin before bed.
2. Drink 1-2 pints of water when you wake up with a Berocca/multivitamin.
3. Caffeinate if you drink coffee.
4. Get some fresh air and daylight within the first 30 minutes.
5. Drink a protein smoothie with micronutrients.
6. Go for a 20-30 minute sweat session.
7. Expose myself to Cold or hot therapy (cold shower/ steam/sauna)
8. Eat a wholesome and homely meal for the first meal of the day.
9. Save any junk until after 7 PM.
10. Go to bed at least 30 minutes earlier.

CONCLUSION:

You do not have to give up your social life to get results. Your awareness of your drinking habits is key to long success.

