**Do you drink alcohol regularly? Exercise may help reduce the harmful effects**

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Not that there aren’t enough reasons to exercise, but a recent study has added one more - basic exercising can help reduce the harmful effects of alcohol. So if you are likely to enjoy drinks more often than not, make sure you exercise regularly!

Basic physical activity levels -- 150 minutes a week of moderate-intensity activity like walking and cycling -- may help to reduce harmful effects of drinking alcohol, a study published in the British Journal of Sports Medicine has found. For alcohol drinkers, physical activity may decrease the risks of dying both from cancer and from deaths from any cause.

“Our research suggests that physical activity has substantial health benefits even in the presence of potentially unhealthy behaviours such as drinking alcohol,” said Emmanuel Stamatakis, Associate Professor at the University of Sydney, Australia.

The findings suggested that drinking even within recommended levels was associated with a 36 per cent greater risk of death from cancer as well as a 13 per cent greater risk of death from any cause.

“Among physically inactive people, we saw that the risk for cancer and all-cause mortality was higher even at relatively low levels of drinking,” Stamatakis added.

But this risk was substantially lessened among those who were physically active at the basic recommended level -- equivalent to at least 150 minutes per week of moderate intensity activity such as brisk walking -- or at the upper recommended level (equivalent to at least 300 minutes of moderate intensity activity per week).