Exercise DOES offset the dangers of booze - but how much do you need to cancel out the pints?

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According to the latest research, there's a certain level of exercise needed to avoid alcohol-related dangers like cancer or cardiovascular disease

Finding [the time to exercise](http://www.mirror.co.uk/tech/apple-watch-2-hands-review-8794603) can be hard, but a new study has revealed that raising your heart rate will help to offset the dangers of booze.

Scientists from the University College London and the University of Sydney, Australia, reckon that **three hours** of exercise a week should do the trick.

They say that dangers linked to alcohol consumption - including cancer and cardiovascular disease - can be erased [by regular exercise](http://www.mirror.co.uk/all-about/fitness).

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The findings, published in the [British Journal of Sports Medicine](http://bjsm.bmj.com/content/early/2016/07/04/bjsports-2016-096194) , were drawn from examinations of 36,370 adults all aged 40 or over.

It's the first study of its kind to address a possible link between physical activity and lowering your risk of death from booze.

"Our results provide an additional argument for the role of (physical activity) as a means to promote the health of the population even in the presence of other less healthy behaviours," said the study.

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"The public health relevance of our results is further emphasised by the recently updated alcohol consumption guidelines review by the UK chief medical officer that found that cancer mortality risk starts from a relatively low level of alcohol consumption."

The study showed that 60% of respondents didn't meet the minimal requirements for weekly exercise - 150 minutes of moderate activity.

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It also revealed that of the 36,370 involved, 4,845 drank more than the recommended weekly alcohol limit. That's 14 drinks for women and 21 for men.

And experts cautioned that simply lacing up and going for a run more often doesn't mean you can just drink more.

"We would not recommend that anyone sees these findings as a ‘get out of jail free card’, as alcohol does increase the risk of many different health conditions, including cancer," Sarah Toule, the head of health information at the World Cancer Research Fund, told [the Independent](http://www.independent.co.uk/news/science/exercise-alcohol-offset-dangers-cancer-health-study-a7232351.html).