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7 September 2016

**Doing exercise may counteract some of alcohol’s deadly effects**

By **New Scientist staff and Press Association**

It’s good news for those equally at home on a treadmill or at a bar. [Regular exercise](https://www.newscientist.com/article/2082126-brains-of-elderly-people-who-exercise-look-10-years-younger/) seems to cancel out some of the risk of death that is linked to [alcohol](https://www.newscientist.com/article-topic/alcohol/).

High alcohol intake is associated with fatal heart disease, stroke, and [at least seven types of cancer](https://www.newscientist.com/article/2098269-alcohol-linked-to-at-least-seven-cancers-not-just-liver-cancer/).

An analysis of people over the age of 40 has found that people who do the recommended amount of physical activity a week – 150 minutes of aerobic exercising – but drink more than the UK weekly recommended limit are less likely to die than people who drink the same amount but exercise less.

“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,” say the team, led by [Emmanuel Stamatakis](http://sydney.edu.au/medicine/people/academics/profiles/emmanuel.stamatakis.php) at the University of Sydney, Australia.

Since the study was initiated, the weekly recommended limit has been lowered from 35 units per week for women and 49 units for men down to [only 14 units for both sexes](https://www.newscientist.com/article/dn28742-bottle-and-a-half-of-wine-is-new-uk-weekly-alcohol-limit/).

**Journal reference:***British Journal of Sports Medicine***,**[DOI: 10.1136/bjsports-2016-096194](http://bjsm.bmj.com/lookup/doi/10.1136/bjsports-2016-096194)

Read more: [Advice on how much booze we should drink must remain advice](https://www.newscientist.com/article/mg22930563-200-advice-on-how-much-booze-we-should-drink-must-remain-advice/)