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

GOOD news for those equally at home on a treadmill as in 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 linked to alcohol.

High alcohol intake is associated with 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/). But people over the age of 40 who do the recommended amount of physical activity – 150 minutes of moderate aerobic exercise – and also drink more than 35 units of alcohol a week are less likely to die from related conditions than people who drink the same amount but exercise less (*British Journal of Sports Medicine*, [doi.org/bqd7](http://doi.org/bqd7)).

However, drinking so much is still risky. The UK government updated its advice on alcohol consumption at the start of 2016. It now recommends that both men and women drink no more than 14 units – and stay off alcohol for a few days a week.

*This article appeared in print under the headline “Being active cuts booze death risk”*