**GET YOUR JOG ON**

**Regular exercise for two-and-a-half hours a week can cancel out damage caused by booze**

**BY PAT HAGAN**

8th September 2016, 3:46 am

* [Click to share on Twitter (Opens in new window)](https://www.thesun.co.uk/living/1746948/regular-exercise-for-two-and-a-half-hours-a-week-can-cancel-out-damage-caused-by-booze/?share=twitter&nb=1)
* [Click to share on Facebook (Opens in new window)](https://www.thesun.co.uk/living/1746948/regular-exercise-for-two-and-a-half-hours-a-week-can-cancel-out-damage-caused-by-booze/?share=facebook&nb=1)
* [Click to email this to a friend (Opens in new window)](https://www.thesun.co.uk/living/1746948/regular-exercise-for-two-and-a-half-hours-a-week-can-cancel-out-damage-caused-by-booze/?share=email&nb=1)

**0W**

COMMENT

Brisk walk, run or cycle ride can offset the harmful effects of a few pints of beer or glasses of wine

**A JOG, brisk walk, or cycle ride can cancel out damage caused by booze, a study shows.**

Regular exercising for 2½ hours or more a week offsets the harmful effects of a few pints of beer or glasses of wine, scientists found.

Regular exercising for 2½ hours or more a week offsets the harmful effects of a few pints of beer or glasses of wine

Researchers at University College London and the University of Sydney studied 10,000 people, tracking alcohol intake and physical activity in over-40s.

They confirmed that people who drank more than the weekly guideline of 21 units for men and 14 for women increased their risk of dying early, especially from cancer.

Limits were recently cut to 14 units for both sexes. Among moderate “safe” drinkers, those who did the recommended 2½ hours or more a week of medium-intensity exercise cancelled out much of the booze risk.

They confirmed that people who drank more than the weekly guideline of 21 units for men and 14 for women increased their risk of dying early

NHS to launch an online 111 service so patients can get medical advice on smartphones and computers

'Smoke detector' test could save thousands of lives by spotting cancer before symptoms

GPs 'should prescribe exercise to fat patients to stem obesity epidemic'

Limits were recently cut to 14 units for both sexes

Those who did the recommended 2½ hours or more a week of medium-intensity exercise cancelled out much of the booze risk

Inactive people had more chance of dying from alcohol-related cancers, even if they drank within the limits.

Others who drank the same as couch potatoes, but exercised, were less likely to die young.

A report by the scientists said: “Our results provide an additional argument for the role of physical activity to promote health, even in the presence of other less healthy behaviour.”