

# ALCOHOL: A PARTY TIME NECESSITY

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Alcohol has been around for centuries. We love it so much we write songs about it. Let's be real about it, if you drink it's related more to the effects that you feel versus any health benefit that you get. Whether you're just trying to get loosened up at a party to have a good time or have a drink after a hard day, you are seeking it's "psycho-medical" impact. Unfortunately, alcohol provides no long term benefits. If anything, alcohol has more long term consequences.

At the time you drink though, you don't think about the consequences. All you know is that you're feeling good (until you have too many). Any justification can be thought of to drink. For example, **red wine** is thought to be "good for you" because it has resveratrol which combats cancer. However, you can get resveratrol in grapes and other foods without alcohol content. Recent studies find that alcohol is a contributor to cancer. According to the American Cancer Society, "the strongest associations between alcohol use and cancer are with mouth, esophageal, prostate, laryngeal, pharyngeal, breast, and liver cancers." Related Article from American Cancer Society



Now, please, don't take it that I am telling you to stop drinking altogether. The study relates primarily to daily users. Conversely, drinking on a daily basis is not too far fetched for many. Experts are not too sure as to why alcohol causes cancer. However, there is strong suspicion that it's the way that alcohol metabolizes. This brings me to another point.

**If you're trying to lose body fat (and get fit), drinking alcohol can significantly slow down your ability to reach your goals.**

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By its nutritional definition, alcohol is classified as a toxin. Yes, it is a toxin. To affirm that, you can't forget that alcohol must be avoided by women who are pregnant because of the developmental implications of the fetus.

The body simply wasn't meant to break down alcohol. Other than the byproduct acetaldehyde (a type of ethanol), the body converts alcohol into fatty acids. Once these fatty acids are formed, they have to be stored somewhere.



**Other than the liver, these fats are in your bloodstream and stored on your hips, belly, thighs, and all kinds of places you don't want it to go.**

There are changes at a hormonal level that also compounds the problem (I can tell you a lot more, but I'm sure you get the point).

Undoubtedly, anyone I know who drinks, who can't seem to get that little extra off, can attribute it to alcohol. Once you decrease your consumption, the better the results you get in losing fat and getting fit.

Before I part, please let me be very clear that I am not telling you to stop drinking alcohol. What I am saying is that you may want to consider significantly decreasing consumption in order to achieve long term health and reach your weight loss goals.

**Occasionally, you can have a beer or drink a glass of wine.  
The operative word is "occasionally."**

If you're tired of the same old diets and gimmicks, it's time to call the experts at Fitness Together. Find a studio near you today at [www.FitnessTogether.com](http://www.FitnessTogether.com).

