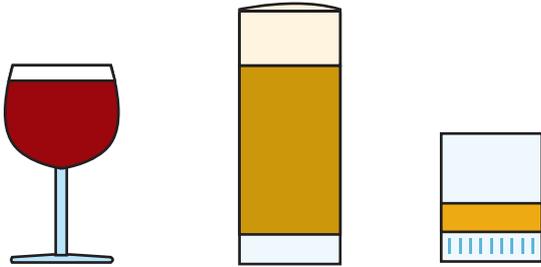


# Alcohol

The advice for women is to drink no more than 14 units of alcohol a week. The advice for men is to drink no more than 21 units a week.



One unit of alcohol is the same as one glass of beer or wine or a shot of spirits.



## Facts about alcohol

- ◆ 1 out of 3 people aged between 18 and 24 are admitted to hospital as a result of serious injuries caused by drinking too much.
- ◆ It takes 3 hours to get rid of the alcohol from 2 drinks out of your body. Nobody can sober up quickly. Drinking coffee or taking cold showers does not help.
- ◆ If you have been drinking you are more likely to do things you regret later e.g. fighting or having unprotected sex.
- ◆ Drinking alcohol when you are pregnant can cause serious harm to your unborn baby.
- ◆ Alcohol abuse is one of the biggest cause of family problems.
- ◆ It is safer to drink a little each day rather than 'binge' drink once a week.



If you drink more than the safe level you are in danger of damaging your health.

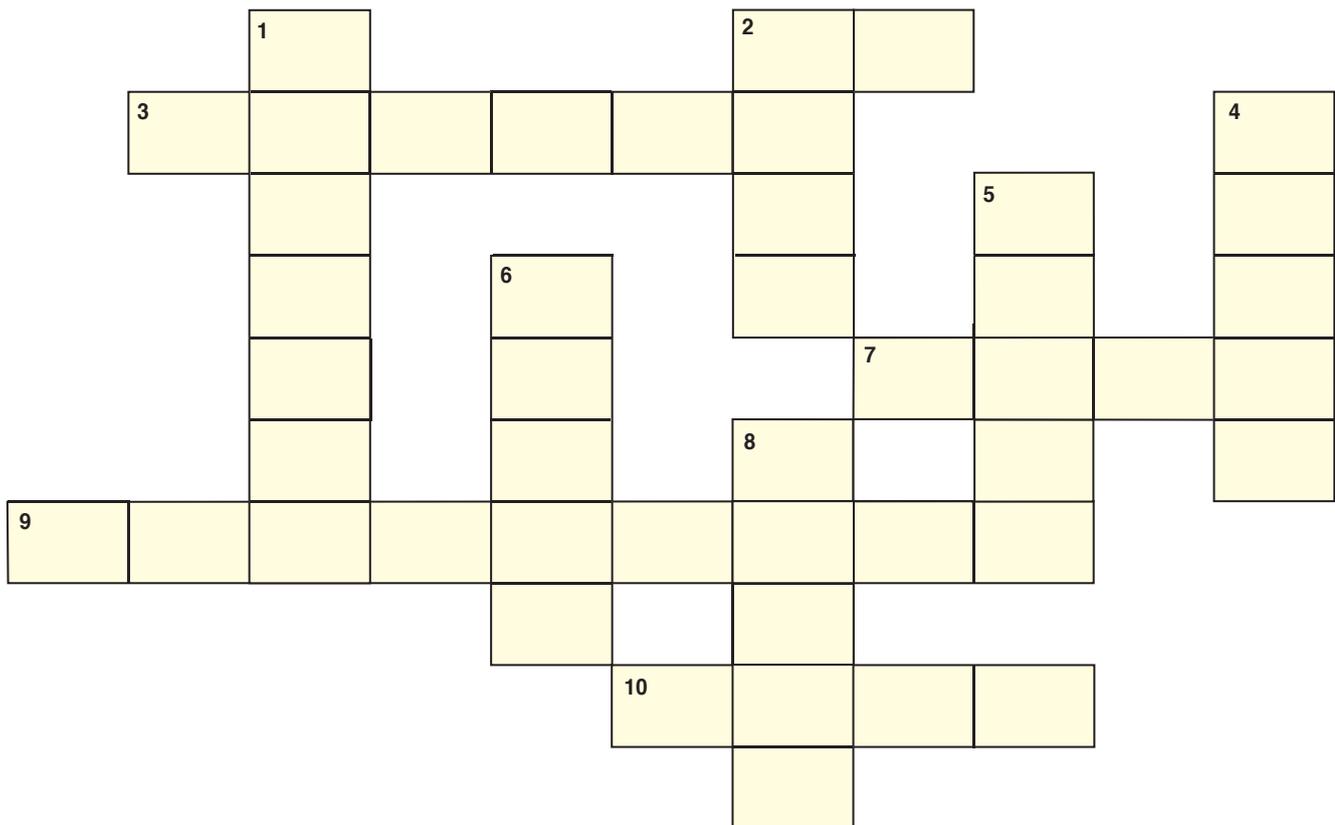
Alcohol can cause serious damage to the liver, heart and pancreas.

✓ the correct answer

	Yes	No
1. 14 units of alcohol is the weekly limit for women.	<input type="checkbox"/>	<input type="checkbox"/>
2. Men can drink 30 units a week.	<input type="checkbox"/>	<input type="checkbox"/>
3. It takes 5 hours to get rid of alcohol from the body.	<input type="checkbox"/>	<input type="checkbox"/>
4. Drinking coffee helps you to sober up.	<input type="checkbox"/>	<input type="checkbox"/>
5. Alcohol can damage the liver.	<input type="checkbox"/>	<input type="checkbox"/>

Solve the clues to find the correct words.

Most of the answers to this crossword can be found on the page on alcohol.



**Across**

- 2. Short for weight
- 3. A drink made from beans.
- 7. Not harmful
- 9. Harmful
- 10. A drink made from hops

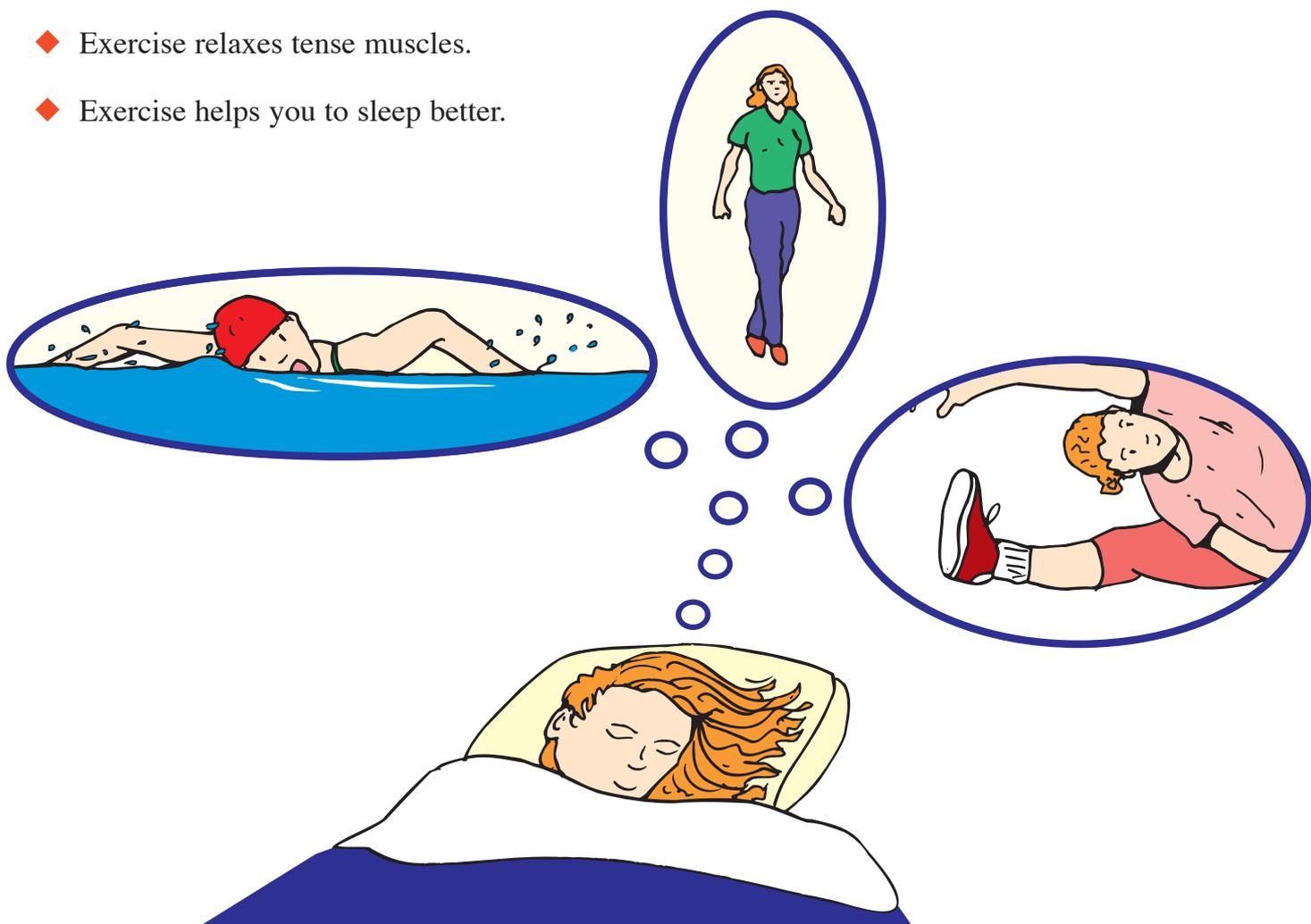
**Down**

- 1. American whiskey
- 2. Seven days
- 4. Females
- 5. A drinking container
- 6. An organ of the body
- 8. Not drunk

# Exercise

Exercise helps to keep you healthy in mind and body in many ways:

- ◆ Exercise releases endorphins, which are brain chemicals. Endorphins make us feel good.
- ◆ Exercise is a great way to get out and meet people. Having fun with other people reduces stress.
- ◆ Exercise burns up fat and stops you getting overweight.
- ◆ Exercise reduces stress.
- ◆ Exercise helps to take your mind off your worries.
- ◆ Exercise relaxes tense muscles.
- ◆ Exercise helps you to sleep better.



Try and exercise for 30 minutes at least 5 times each week.

Choose an activity that you will enjoy.

Walking, cycling, swimming and yoga are all good forms of exercise.

## Put a ✓ in the correct box

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Endorphins are brain chemicals.     | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Endorphins cause depression.        | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Exercise causes stress.             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. You should exercise 5 times a week. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise relaxes tense muscles.     | <input type="checkbox"/> | <input type="checkbox"/> |

Solve the clues and the word in the shaded column will spell out something to do with keeping fit.

		1								Not relaxed (5)
		2								Way out (4)
		3								Assists (5)
	4									Anxiety (6)
5										Parts of the body (7)
	6									Heaviness (6)
			7							Exercise in water (4)
		8								At ease (7)