**TIPS FOR CUTTING DOWN**

**Have at least 2 alcohol free days a week.**

**Try using smaller glasses at home.**

**Use mixers to make spritzers.**

**Switch to lower alcohol drinks.**

**Delay having that first drink.**

**Keep track of calories consumed.**

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Forward Leeds is the new confidential alcohol and drug service available to everyone in Leeds. If you want advice call: 0113 887 2477. Visit: www.forwardleeds.co.uk/likemylimit. Facebook: /ForwardLeeds Twitter: @forwardleeds #LikeMyLimit.
1 in 4 workers in the UK said their drinking meant that they did the minimum amount of work and went home as soon as possible.

Among adults who drink, alcohol amounts for nearly 10% of their calorie intake.

Average months of life lost of Leeds residents due to alcohol:
- Men are likely to lose 10.7 months
- Women are likely to lose 4.7 months

In Leeds between 6% & 15% of working days lost to sickness can be attributed to alcohol misuse.

Over 35,000 adults in Leeds are high risk drinkers.

Over 210,000 days are lost to hangovers in Leeds on an annual basis.

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Reduced performance in the workplace due to hangovers resulted in costs to the Leeds economy of £26.7 million in lost output.

Of those who said they usually kept track of the number of calories they consumed, 43% did not include calories from alcohol as part of this.
why don’t you try one simple change to help you cut down and feel happier about the amount you are drinking?
If you want advice

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