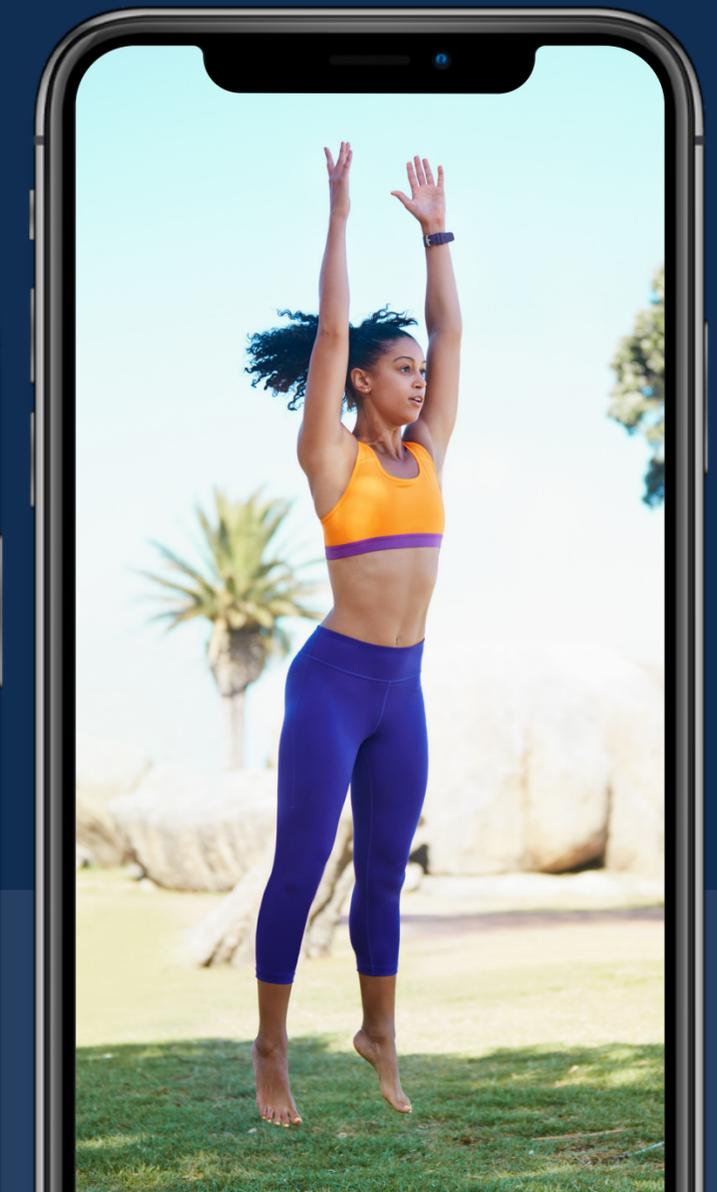
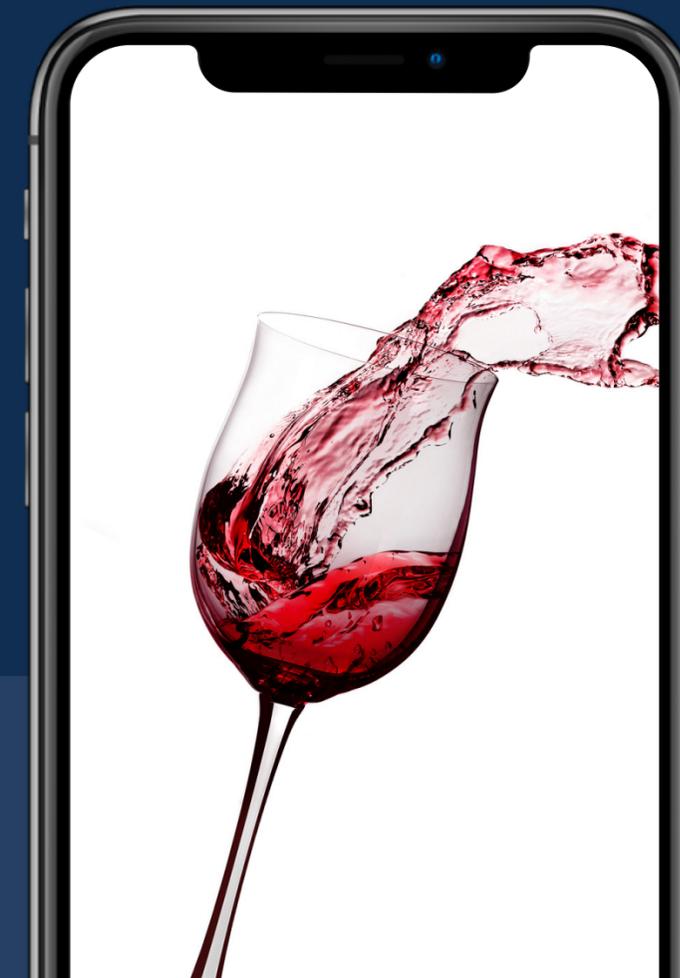


Alcohol & Your Wellness Goals

REDUCING BODY FAT

5-Week Special Series

episode 3



Basics of Alcohol

1. Body treats alcohol like a toxin

- a. Targets alcohol and pauses everything else
- b. Pauses digestion, delivery of nutrients, muscle repair, etc

2. Effect on body composition

a. Can hinder muscle growth

- i. Impairs restoration of depleted glycogen stores in both muscle and liver
- ii. Need this to assist w/muscle growth
- iii. Consume high carb meal/snack after workout prior to alcohol consumption

b. Impedes recovery from any injuries/wounds

c. Found to increase body fat and not be a good option if you're looking to reduce body fat

- i. Poor decisions
- ii. Excess calories



Creating Mindful Drinking Habits

Engage in alcohol drinking with awareness in a way that is respectful to your body

Ask yourself questions to check in with your drinking

1. Who/what is influencing me to drink? Do I actually want to drink?
2. What is my mindset going into drinking?
3. What do I like and not like about alcohol?
4. How will this make me feel tomorrow?
5. Do I find there are any recurring patterns associated with my drinking?

Case Study 1: Weekend Warrior

Weekend warrior (binge drinks every weekend), remote worker – high demand tech job where he rarely leaves his desk, no spouse or children. Goal is to lose 10 lbs fat, but end goal is to be 175lbs



Struggles/Pain Points:

- Eats very little throughout the day
- Tries not to drink during the week but drinks a lot on the weekends
- Friends only want to hang out if there's drinking involved

Small/Weekly Goals:

- Set intentions for drinking on the weekends
- Find some other activities to try out with friends
- Go for simpler drinks if drinking

Case Study 2: One Glass Per Night

Case study 2: One glass of wine per night, female, SAH mom. Goal is to lose 10% body fat.

Struggles/Pain Points:

- Overeating at night
- Loses control around desserts if they are in the house
- Always ends night with one drink
- Can't sleep well without it

Small/Weekly Goals:

- Work on mindfulness with hunger and alcohol cravings
- Break the habit- try something new



Case Study 3: Mindless Drinking

Case study 3: mindless drinking after work, male teacher. Plant based. Goal is to eat healthier and have more energy.



Struggles/Pain Points:

- Binge/restrict cycle
- Crashes at 2pm every day and binge eats when he gets home
- Struggles with social pressure to drink

Small/Weekly Goals:

- Make drinking an experience, similar to eating
- Practice using hunger and fullness cues
- Be more present while drinking
- Choose beverages based on what he actually wants not what he feels socially pressured to drink



FAQ

- 1. Is red wine really as good for you as I've heard?**
Sure, it does have antioxidant properties but new research suggests any type of alcohol has toxins that will outweigh antioxidant benefits
- 2. Does liquid IV and other products like that really work?** Only if you have experienced electrolyte loss i.e. via vomiting or extreme sweating.
- 3. Is there a healthiest type of alcohol?** No - not really. When it comes to mixed drinks there are some that will be lower in sugar and calories than others.

Main Takeaway

The more control you give your body + your mind, the more control you'll actually have. Step away from heavy restriction and instead look to properly fueling yourself.

Homework:

Reflect on your goals and make sure you are setting yourself up for success.



Thank You!

Any questions?
Ask away!

