



Wine and Exercise

Description

What part of your routine do you always try to skip if you can?

Stepping on the treadmill every morning is a something which I love to do, and paradoxically it's also this same routine which I try to skip, mostly due to laziness getting better of me. All the same I do manage to do it atleast three times a week.

But on days when there are chances of having wine in the evening, I do make it point to exercise well in the morning. An extra half an hour on the treadmill burns adequate calories so as to indulge in a guilt free wine and food evening.

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Although there are a large number of research articles which say that if you drink wine regularly and at same time also exercise daily then it may actually be favourable for your health.

But I do not believe in this. At end of the day, wine is an alcoholic beverage which comes with adverse effects inherent to any type of alcohol. Regular exercise can partly offset these but to be on a safe side it's better not to get swayed by the theory that wine and exercise balance out each other (Representational Image from Internet).

Moderation is the Key

If you enjoy wine, consuming it in moderation is the key. A glass or two occasionally combined with regular exercise is what I recommend. However, if you're aiming for specific fitness goals, it may be wise to abstain from wine altogether.

So these are some of my own on wine and exercise. Do share your thoughts too. Cheers !!