

# Inhibitions. Gone. Waistline. Gone.

**Binge Drinking, the risk is REAL:  
If you consume more than 4 drinks in  
one occasion, you are putting  
yourself at **risk** and could be  
packing on the **pounds**.**

3500 calories = 1 pound of fat  
4 Ultimate Margaritas = 832 calories  
832 calories x 3 nights a week

**You Do the Math**

**Think About It.  
Reduce Your Risk.**



Binge Drinking is Not Inevitable.  
[www.BeTheDifference.fm](http://www.BeTheDifference.fm)

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