

# DRY JANUARY

## THE BENEFITS OF GIVING UP BOOZE

Originally conceived as “Sober October,” people across the country are now kicking off this month-long sobriety challenge right after New Year’s Eve. While the name “Dry January” might not have the same ring to it, abstaining from drinking for all of January can help clear your head while you sort out priorities for the year. It also provides quite a few benefits to your body’s health.

**!** *NOTE: If you’re a moderate to heavy drinker, consult with a medical professional before any attempt to abruptly cut alcohol from your life. For heavily dependent drinkers, quitting cold turkey could have potentially fatal side-effects.*

### FIVE BENEFITS OF DRY JANUARY

#### #1 Weight Loss

Alcohol is probably the single worst thing you can consume as far as weight loss goes. While hard liquor has less calories than mixed drinks or beer, alcoholic beverages in general can cause you to retain water weight while spiking your appetite for unhealthy food.

#### #2 Lower Blood Pressure

Alcohol can raise blood pressure, so going sober can bring it back down. Pretty straightforward, huh?

#### #3 More Energy

Booze isn’t a great friend to beauty sleep, or any kind of sleep for that matter. Your REM cycle (the deep, restorative phase of sleep) suffers after an evening of drinking. Going sober returns your sleep quality back to full potential, leaving you more energized throughout the day.

#### #4 Better Focus

We all know it’s harder to focus while drunk, but many don’t realize this negative effect can linger long after the party’s over. A long sober streak ensures your attention span isn’t living on the edge.

#### #5 Lower Risks of Serious Conditions

A little booze is fine in moderation, but it also may be the grain of rice that tips the scale on your overall physical health. Give your body a break to balance out your all-around well-being.



### MAKE YOUR BOOZE BREAK EASIER

Having a goal in mind for Dry January can make this challenge so much easier. Here are some 31-day missions to consider:

- **Fitness and weight loss goals** naturally synergize with sobriety. You’ll be less inclined to drink when you know it’s harmful to your mission in the gym.
- **Creative endeavors** like drawing and writing demand a focus and follow-through that just doesn’t jive with drinking. Set a goal to start that novel, master your pastry skills or learn a new instrument.
- **Good friends** add more spice and novelty to life than all the glasses of wine in the world. Use Dry January as a chance to reconnect with that old pal who’s always so much fun to be around.

