



DRY JULY

Dry July is upon us - the month-long challenge to give up alcohol and raise funds for those affected by cancer. It provides a good opportunity to reassess your relationship with alcohol, give your body a well-deserved break from the booze and perhaps install some healthier habits for the rest of the year.



What happens to your body when you give up alcohol?

Besides saving money (and then donating it to a worthy cause like Dry July), there are some excellent health benefits to giving your body a break from alcohol:

- Liver fat decreases
- Blood glucose levels stabilise
- Total cholesterol levels drop
- Possible weight loss
- Reduced risk of some cancers
- Clearer skin
- Improved sleep quality
- Improved concentration
- Reduced anxiety levels
- No more hangovers!

Easy ways to de-stress during Dry July

Everybody has different methods of dealing with stress. Instead of turning to alcohol at the end of a long day, try these alternatives;

Be mindful - Mindfulness techniques such as meditation can help bring you back into the present moment.

Socialise - Spend more time with friends, family and anyone who makes you feel calm, relaxed and good about yourself.

Exercise - Get those endorphins going, whether it be from walking, yoga or rock climbing.

Try a mocktail - Get creative with your alcohol-free beverages; try something as simple as soda water with fresh cranberry juice, a twist of lime & some fresh mint.



In July, an average of 11,181 Australians will be diagnosed with cancer. No one asks for cancer, so we're asking Aussies to help, and go Dry this July to raise funds for people affected by cancer. Get involved in the Dry July challenge this year via the website www.dryjuly.com

Important Note from the Dry July Foundation:

Dry July is a fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. We would encourage people to drink responsibly and stick to the recommended daily guidelines for the rest of the year. We advise heavy drinkers or people dependent on alcohol to speak with their GP before signing up to Dry July.

