

HEALTH TIP

JULY

DRY JULY

2015



WHAT IS DRY JULY?

Dry July is a fundraiser that challenges you to go alcohol-free for a month to support adults living with cancer. Funds raised during Dry July are used to improve the wellbeing of adult cancer patients. By taking part you'll not only be helping to raise funds for an important cause, you also get the chance to focus on yourself - notice your own drinking habits and the value of a healthy, balanced lifestyle.

Benefits of Dry July

- Doing something positive for a great cause
- Increased energy levels
- Greater productivity and ability to focus
- A clearer head and no more hangovers
- Improved quality of sleep and reduction in snoring
- Weight loss and clearer skin
- Healthier bank balance
- Sense of achievement
- Reset your approach to alcohol

It's only one month - why not give it a go!

Not keen on Dry July? Why not use this month as an opportunity to break a bad habit and improve your health!

Whether you want to stop late night snacking, swap the couch for a gym class or quit smoking, use these 3 tips to get you on your way to a healthier version of yourself!

Acknowledge your unhealthy habit - Write down the habit you wish to change, including a list of positive outcomes for changing.

Choose a substitute for your bad habit - Decide on the healthier habit you want to substitute for the unhealthy habit. Make a plan and start implementing it every day.

Challenge yourself to change! Now you know what and why you want to change, set yourself the task of achieving your goal by the end of the month. Mindfulness, visualisation and making your intentions known to friends can all help with the process.

Source: wellbeing.dryjuly.com



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