



DRY JANUARY

We are getting ready for Dry January 2017!

Can you stay off the booze for 31 days? Sign up to this challenge for your chance to lose weight, save money and feel better!

Sign me up

WHY GO DRY?

Banish the booze this January and make a healthy start

More information:

Banish the booze and make a healthy start to 2017

We all know that drinking too much alcohol can affect how we feel the morning after, however, there are many hidden harms of alcohol that affect our short-term and long-term health.

In the short-term drinking less will:

- Give you more energy
- Help you lose weight ([link to calorie counter tool here](#))
- Improve your skin
- Improve your mood

The long-term health effects of regularly drinking over the recommended guidelines are:

- Increased risk of certain cancers. Regularly drinking two large glasses of wine (ABV 13%) or two pints of strong lager a day could make you three times more likely to get mouth cancer. Women who drink regularly above the guidelines increase their risk of breast cancer by 20%
- Increased risk of stroke, heart disease and high blood pressure
- Increased risk of Liver disease. Regularly drinking above the recommended guidelines almost doubles your risk of liver disease
- Increased risk of pancreatitis

- Reduced fertility

Drinking less will make a big difference to your health – give Dry January a go and feel the benefits in 2017!