



DRY JANUARY®

BENEFITS OF DITCHING THE BOOZE FOR A MONTH

WEEK ONE

- Improved Sleep. More time spent in the restorative stage of sleep REM
- Better Hydrated
- Improved decision making

CALORIES SAVED*



1092



954

**Based on 14 units a week - 6 Pints or 6 Glasses of wine*

WEEK TWO

- Free from acid reflux
- Stomach lining returns to normal
- Feeling less fuzzy and more energetic. Hello mornings!

CALORIES SAVED*



2184



1908

**Based on 14 units a week - 6 Pints or 6 Glasses of wine*

WEEK THREE

- Memory improves
- Reduced risk of stroke and heart problems
- Kidney function improves
- Improved Vision

CALORIES SAVED*



3276



2862

**Based on 14 units a week - 6 Pints or 6 Glasses of wine*

WEEK FOUR

- Skin looks more radiant
- Happier Liver. Your liver fat falls by an average of 15%
- Blood pressure, heart rate and cholesterol levels lower
- Risk of Type 2 diabetes reduced

CALORIES SAVED*



4368



3816

**Based on 14 units a week - 6 Pints or 6 Glasses of wine*



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ONE YOU
LINCOLNSHIRE

PART OF THE ONE YOU
LINCOLNSHIRE FAMILY



MOVE
MORE



EAT
WELL



DRINK
LESS



STOP
SMOKING

Source: Alcohol Change UK, OYNB and Priory Group