

# DRY-ISH FEBRUARY CHALLENGE

February is Heart Health month and as you know, alcohol can pose some serious risk to our heart health if not used responsibly.

Our next challenge will focus on our alcohol intake and learning about and feeling the benefits of no alcohol – or at least maintaining the amount that is safe to avoid health risks. I've been doing quite a bit of research on this, and the "safe" amount varies depending on what source you are getting your information from. Obviously zero alcohol is the best option but for many of us, that isn't really something we can (or even want) to maintain long-term. The government of Canada low-risk (not no-risk, as any amount of alcohol consumption can have risks to your health) drinking guidelines state:

Women: no more than 2 standard drinks per day and 10 drinks per week maximum

Men: no more than 3 standard drinks per day and 15 drinks per week maximum

But we are all different, so do this challenge with your own drinking habits in mind. Perhaps you only drink 4 drinks per week on average, but want to get that down to 2. Or maybe you want to try to not drink any alcohol this month. Set your own goals.

The second page of this notice is a fun poster with guidelines on the challenge:

- 4 drinks per week maximum
- 2 drinks maximum in one night
- No alcohol on weekdays

And to help you with this, try to maintain or increase your healthy habits, like exercise and self-care; hydrate more; choose fun, alcohol-free activities; and try some yummy mocktails – **HR will be serving up some great ones for you to try on February 25, 2026 from 2:00 – 3:30 pm so please come on by!**

There are so many significant short-term and long-term benefits to reducing your alcohol intake:

## **Short term:**

- better sleep – deeper, more restorative, less waking up, more energy
- improved mental state – reduced anxiety, clearer thinking, brighter mood, improved focus
- physical well-being – better skin, weight loss, less fatigue
- financial savings – less money spent on drinking

## **Long term:**

- Reduced disease risk – significantly lower risk for cancer, liver cirrhosis, high blood pressure, heart disease, and stroke
- Better organ health – decreased liver fat and improved function, better nutrient absorption
- Improved brain health – helps restore brain function and improves memory and cognition
- Stronger immunity – allows your immune system to repair and function more effectively
- Better relationships – fewer arguments, more quality time, less tension with family and friends

## **The Payoff**

If you decide to participate in this challenge, at the end of February, send me a message (and a photo is always great as well, or your favorite mocktail recipe, or anything else) telling me your story and what you did for the month of February to reduce or eliminate alcohol and your reasons for doing it – you'll receive a great prize – a reward really for focusing on your well-being and reaping the benefits of a healthier you!



# DRY-ISH FEBRUARY CHALLENGE

CUT BACK ON BOOZE, NOT ALL THE FUN!

CHECK OFF YOUR GOALS!

4 DRY DAYS  
A WEEK



ONLY 2 DRINKS  
IN ONE NIGHT



NO BOOZE  
ON WEEKDAYS



TRY  
MOCKTAILS!



WEEKEND ONLY  
DRINKING



ALCOHOL-FREE  
ACTIVITIES



HEALTHY  
HABITS



HYDRATE  
MORE!



PROGRESS NOT PERFECTION!



FEEL GOOD &  
HAVE FUN!

