



# THE MONTHLY CONNECT

## WHAT IS DRY JANUARY?



Dry January, a growing movement, encourages participants to abstain from alcohol for the entire month. It offers numerous benefits, including improved physical health, mental clarity, better sleep, and potential weight loss.

Beyond personal health, Dry January fosters awareness of drinking habits and strengthens self-control. Many participants report sustained reduced alcohol consumption even after January, making it a popular choice for those seeking a healthier lifestyle or a fresh start to the year.

## EXERCISE INITIATIVE OF THE MONTH: EQUIPMENT FREE EXERCISES

You don't need to visit the gym or own fancy equipment to meet your exercise goals. If your New Year's Resolution involves exercise or weight loss, consider trying equipment free exercises such as:

- Planks
- Pushups
- Lunges
- Mountain Climbers
- Squats
- Burpees
- Jumping Jacks
- Butt Kicks
- Bear crawl
- Superman pose
- Side plank
- Yoga
- Pilates



## RECIPE OF THE MONTH: POMEGRANATE SPRITZER



Dry January doesn't have to be boring! This crisp and refreshing spritzer uses pomegranate juice and lime for a mocktail that delivers a sophisticated cocktail experience, even though it's zero-proof.

### Ingredients:

- 2 Cups Chilled Sparkling Water
- 2 TBSP Pomegranate Juice
- 2 TBSP Freshly Squeezed Lime Juice (2 limes)
- Fresh pomegranate seeds and lime slices for serving

View the full recipe [here](#).