# RIPPLE BODY TEMPLATE

|  |  |
| --- | --- |
| **Author** | Fare\_Admin |
| **Date** | 2021-03-10 15:14:48 |
| **Categories** |  |

Drinking less will benefit your health and wellbeing.

The immediate health benefits you feel from reducing the amount you drink will ripple out to other aspects of your life – improving your relationships, your ability to achieve your goals, and enjoy life.

In a recent study, people who stopped drinking alcohol for one month reported the following benefits:

* Better quality of sleep (71%)
* Better overall health (70%)
* More energy (67%)
* Weight loss (58%)
* Improved concentration (57%)
* Better skin health (54%)

By cutting back on alcohol you will also reduce your risk of serious diseases, such as cancer, heart disease, and stroke.

You will lessen your chances of accident and injury from risky single-occasion drinking. Your sleep, mood, and energy level will improve.

* Read more about what happens when you stop drinking alcohol [here.](https://hellosundaymorning.org/what-happens-when-you-stop-drinking-alcohol/)

Are you a woman in the ACT aged 40-65 and want to participate in a study to test effective ways to reduce alcohol consumption?

[CLICK HERE](https://rippleapp.org.au/)

### Metadata