

Fall in love with February



People often associate February with forgetting new year's resolutions and the cold, gloomy weather. However, it doesn't have to be that way. February can be a month full of opportunity to fall in love with new, healthy habits. Such as taking your dog for a winter walk, or cosying up in front of the TV with a hot chocolate as well as spending time with loved ones on Valentine's Day.

This Valentine's day why not try something a bit different?

As part of a healthy, happy February why not try out some of our suggestions for an alcohol-free Valentines day. Whether you are in a relationship or not alcohol doesn't have to play a part in your day.

Start enjoying more Drink Free Days. Taking more Drink



Drink Free Days

Free Days each week is an easy way to cut back and improve your health. Find out how: www.drinkaware.co.uk/advice/how-to-reduce-your-drinking/drink-free-days-get-started

1 Try out some alcohol-free drinks and mocktails – if you go to the pub on February 14th why not try some of the alcohol-free alternatives available, you might be surprised at how good they taste.

2 Alcohol-free activities – challenge your friends or partner to try out some different activities such as [geocaching](#), hiking somewhere you have never been or even trying an escape room.

3 Cut back with a partner or friend – it's good to set drink free days together and then you can motivate each other to make sure you stick to them!

drinkaware at work

Warming winter mocktail:



Ginger Limeade

Ginger limeade is a deliciously sweet 'n citrusy mocktail and its sophisticated bite makes it a great choice to keep you and your guests warm and cosy when the temperature is dropping outside. For best results, cut the ginger as fine as you can.

Ingredients

- 180ml lemonade
- Fresh ginger root
- 1 lime
- Mixing pestle
- Cocktail shaker

Instructions:

- Thinly slice the ginger and place it in a cocktail shaker
- Muddle the ginger with a pestle and add in the juice of a lime
- Add plenty of ice and give it a good shake
- Pour the contents into glass through a strainer
- Top with lemonade
- Garnish with a slice of lime and finely diced ginger

Find more tasty mocktails on our website!

<https://www.drinkaware.co.uk/advice/how-to-reduce-your-drinking/mocktails>

Did you know?



of people struggle to resist drinking when their partner is drinking.*



of people think alcohol will make them a better lover.*



of people gave up drinking because their spouse doesn't drink.*