

the RED CUP Q&A

separating alcohol fact from fiction

EXTRA SPECIAL NEW YEAR'S EDITION!

Why drinking less may be the best resolution you'll make this year

If you're like us, you're probably over New Year's resolutions by now – yet for some reason we keep reading articles and posts about them. Hope springs eternal, right? Make no mistake, change can be a pain and old habits die hard. But should you muster the time and energy to do something different this year, our advice is to pick a goal that offers a big return on investment and is actually doable.

Looking for something that fits the bill? Consider drinking just a little bit less in 2016, no matter what kind of drinker you are. You can do this by setting a limit on the drinks you'll have each night, avoiding/cutting back on hard alcohol, pacing yourself, and sticking to beer over liquor and mixed drinks, since beer typically has less alcohol by volume.

Take the Red Cup New Year's Challenge by shaving off a few drinks each night and see for yourself.

HERE'S WHAT'S IN IT FOR YOU:

The Sweet Spot – In the paradoxical world of alcohol, less is more. Having fewer drinks will help you maintain your social buzz longer and avoid the pitfalls of overindulgence (e.g. drama, puking, regrets, blackouts, hangovers, MIPs).

Calories – As in less of them. Curbing your alcohol intake may be the easiest way to cut empty calories and help you maintain a healthy weight.

GPA – You don't need a 4.0 to know that as drinking goes up, grades go down. If you're looking to bump up your GPA and finish the year strong, this is the resolution for you.

Moola – Alcohol can be pricey, and that's before any potential alcohol-induced legal trouble. Scale back and keep more of your hard earned cash.

Mojo – According to Urban Dictionary, mojo means “a charm or a spell, but now more commonly means sex appeal or talent.” Drink less and stay in control if you want mo' of it.

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



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The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Clauson, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.