

## **January 24 is Global Belly Laugh Day**

*January 24 is Global Belly Laugh Day. Celebrate the great gift of laughter. On January 24 at 1:24 p.m. (local time) smile, throw your arms in the air and laugh out loud. Join the Belly Laugh Bounce Around the World.*

January 17, 2012 (FPRC) -- Celebrate the great gift of laughter on Global Belly Laugh Day, January 24. Laughs and smiles transform moments 24 hours a day, 7 days a week on the 7 continents.

On January 24 at 1:24 p.m. (local time) people around the world smile, throw their arms in the air and laugh out loud.

They Join the Belly Laugh Bounce Around the World.

"Oh what a difference Global Belly Laugh Day, January 24 makes," notes Elaine Helle, founder of Global Belly Laugh Day.

Since January 24, 2006 belly laughs have been bounced around the world from the 7 continents from corporations, medical centers, senior centers, grocery stores, homes, schools, libraries, museums, organizations, families, restaurants, air planes, radio stations and coffee shops. After the Global Belly Laugh Day, January 24 celebrations the participants were filled with more positive energy, connections and creativity.

A Global Belly Laugh Day, January 24, 2011 celebrant states, "Laughing is good for you. It lightens even the most solemn moods. Today I was not feeling like laughing, especially at work. Once I realized it was Global belly Laugh Day, I watched the video - Can't Stop Laughing on the belly laugh day website. I giggled, I laughed and I laughed out loud. I shared the video with my coworkers and we all started laughing. One giggle led to another, and another, soon we were all having a great time. This is the magic of laughter. Our minds and bodies were invigorated. Suddenly we did not feel quite so tired."

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Elaine Helle encourages laughing out loud from now until the January 24, 2012 celebratory Global Belly Laugh Day laugh out loud moment.

Laughing out loud boosts immune systems, reduces stress hormones, increases positive emotions, connection, creativity and happiness. On January 24 wake up and exclaim, "It is January 24, Belly Laugh Day, yeah!" A start-of-the-day positive mood impacts the entire day. To supercharge laughter on Global Belly Laugh Day, January 24 call and laugh out loud with family, friends and colleagues around the world at 1:24 p.m. their time.

Visit [www.bellylaughday.com](http://www.bellylaughday.com) to jump start celebrations of Global Belly Laugh Day, January 24. Laughter is contagious. Thank you for spreading laughter.

Belly Laugh Day, January 24 is listed in the 2012 Chase's Calendar of Events published by McGraw Hill.

Global Belly Laugh Day, January 24 is a happy, healthy, high achievement, creative, laugh together, 21st Century holiday.

Send Global Belly Laugh Day, January 24 stories to [jan24@bellylaughday.com](mailto:jan24@bellylaughday.com)

**Contact Information**

For more information contact Elaine Helle of Laugh for the Health of It (<http://>)

**Keywords**

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