



Water Drinking Challenge

Let's get hydrated!

The Water Drinking Challenge, presented by the Wellness Committee, is a new wellness initiative designed to encourage you to increase your daily water intake to the generally recommended 64 oz. of water per day. The goal of this challenge is not only to drink more water but to see how staying hydrated makes your body and mind feel.

The benefits of drinking 64 oz. of water a day include:

- Strengthening your immune system
- Improving focus and memory
- Normalizing blood pressure
- Maintaining and managing body weight
- Cushioning your joints and organs
- Assisting with digestion

This challenge will run from **August 25 to September 15** and is an **individual challenge**, meaning participants will keep track of their own personal water consumption and log their weekly progress themselves. While participants are welcome to check in with their colleagues, share tips, and motivate one another, there will be **no teams** for this challenge.

Weekly Goals

Week 1, August 25 to August 31 – Each participant will drink at least **32 oz** of water a day for at least 5 out of the 7 days

Week 2, September 1 to September 7 – Each participant will drink at least **48 oz** of water a day for at least 5 out of the 7 days

Week 3, September 8 to September 14 – Each participant will drink at least **64 oz** of water a day for at least 5 out of the 7 days

Prizes

Each week, 4 raffle winners will be randomly drawn and receive \$25 Amazon gift cards. In order for your name to be drawn, you must meet that week's hydration goal. If you achieve each week's water goal throughout the entire challenge, you will be entered into a raffle for a \$100 Amazon gift card and a [64 oz Yeti water bottle](#). In total, 5 grand prize winners will be drawn.

Submitting Your Progress

You will submit the amount of water, in ounces, that you consumed each day of the week that you are submitting for. When submitting weekly progress, you will enter your first and last name and your email, select which week you are submitting for, and submit your information for each day of the week. All submissions are due no later than **Thursday afternoon** (9/1, 9/8, 9/15).

Tips to Keep you on Track!

- Add fruit, herbs, or spices to your water
- Make drinking water a morning ritual. Drink a glass of water when you get out of bed.
- Take a water bottle with you on the go
- Freeze bits of peeled lemons, limes and oranges and use them in place of ice cubes — it's refreshing and helps get in a serving of fruit.
- Set reminders to drink water on your smart phone or smartwatch
- Replace sugary drinks like soda with water when possible
- Use a water pitcher or filter

Registration

Employees interested in registering for the Water Drinking Challenge can email jennifer.desimone-jewell@centerffs.org no later than **Monday, August 22**.

Frequently Asked Questions

How does an individual wellness challenge work?

All participants are **responsible** for tracking and **submitting their own water consumption** each week via the weekly intake log. Again, there are **no teams** for this challenge.

What counts towards my daily water intake goal?

Any type of water, whether it's sparkling, seltzer, or tap. Your water can also be infused with fruit and herbs, or flavored with something like MiO or Crystal Light. Beverages like coffee, soda, sports drinks, energy drinks, and juice **do not count**.

How do I keep track of my water intake? Are there any apps that will help?

You can use any glass or water bottle for this challenge. Make note of how much water your glass or water bottle holds. For reusable water bottles, this information can sometimes be found on the bottom of the bottle. If you drink from a plastic water bottle or a can of seltzer the number of ounces is listed on the packaging.

You can track your water consumption via a Fitbit, Apple watch, or other sports watches. There are several free water drinking apps like Daily Water, Waterlogged, My Water, and Gulps that can log your

water intake and send you a reminder to drink water. You can also use a journal, planner, or notes app to log the number of ounces of water you consume daily or tally the number of refills on your water bottle.

What if I drink more water than the challenge outlines?

That's no problem. Just be careful with how much extra water you may be drinking! Overhydration can be just as harmful as dehydration. Symptoms of overhydration include cloudy thinking, nausea, muscle weakness, muscle cramps or spasms, and headaches.

What if I'm out of the office on submission day?

If you are out of the office on a submission day (**Thursday September 1, September 7 and September 15**) please contact **Jennifer DeSimone-Jewell** when you return, and then submit your water intake via the weekly water intake log.

Please email jennifer.desimone-jewell@centerffs.org with any other questions.