



**DON'T WAIT,
HYDRATE!**

A six-week journey to a healthier you!

Hydration Challenge: Don't Wait, Hydrate!

Description:

Over the next six weeks, receive helpful tips on making small, impactful adjustments to encourage healthy hydration habits. From understanding the importance of water and incorporating moisture-rich foods into your diet to recognizing the signs of dehydration and creating a consistent drinking schedule, this challenge provides a comprehensive approach to optimal hydration.

Challenge Goal & Tracking: Aim for 64 ounces of water seven days a week—equivalent to 8 cups of water daily. Log water intake in the inHealth mobile app to earn [Client-specific rewards or points].

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the [mobile app](#) or [web-based portal](#).
- On the **Today** screen, locate and click on the **Don't Wait, Hydrate!** banner.
- Click **Enroll** to begin the challenge.

Tracking Instructions (*Included in all weekly messages)

To log your weekly water intake:

- Access the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking**.
- Click on the **Water** icon (insert appropriate icon here)
- Input the date for the entry you are logging
- Enter the number of ounces of water intake
- Once completed, click the **Add** button to save your entry

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all six weeks to [earn/qualify for] [insert reward or incentive].



Introduction/Enrollment Message

Welcome to the **Hydration Challenge**, a roadmap to a healthier, more energized lifestyle! Water is essential, refreshing, and often overlooked as a vital element of our daily wellness routines. It fuels our bodies in ways that are so fundamental, yet we often underestimate the profound impact it can have on our overall health, helping maintain temperature, lubricating joints, protecting sensitive tissues, and more.

It's important to remember that our fluid requirements aren't fulfilled by water alone. The foods we consume, rich in moisture, also contribute to our daily hydration needs. But water, in its purest form, is still the heavyweight champion in this league.

Embrace this **Hydration Challenge**! Not only will it be a testament to your commitment to health, but it's also a journey of self-discovery, revealing how something as simple as water can significantly boost wellbeing.

Get ready, set, hydrate!

**While it varies from person to person, the goal of this challenge is to help kickstart a healthy hydration journey by aiming for 64 ounces of water each day. That's equivalent to 8 cups (8 ounces each) of water daily.*



Weekly Messages

TIP 1 GX: Choose sparkling or mineral water over soda and other sugary drinks.

Message: Embrace the Power of Hydration: Quench your thirst with sparkling or mineral water and bid farewell to high-calorie, sugary drinks. Water - your body's chief component - boosts energy, eases joint pain, enhances skin health, aids weight loss, and reduces stress. Swap just one 20-ounce soda with water and save 240 calories. Choose health, choose water!

TIP 2 GX: Add flavor to your water.

Message: Quench Your Body's Thirst: Water is vital to your survival. Elevate your hydration experience with flavorful infusions - citrus slices of lemons, oranges, limes, or the refreshing touch of cucumber, watermelon, and strawberries. Even aromatic herbs can add a delightful twist. Hydrate creatively; your body is counting on you!

TIP 3 GX: Keep track of how much water you are drinking each day.

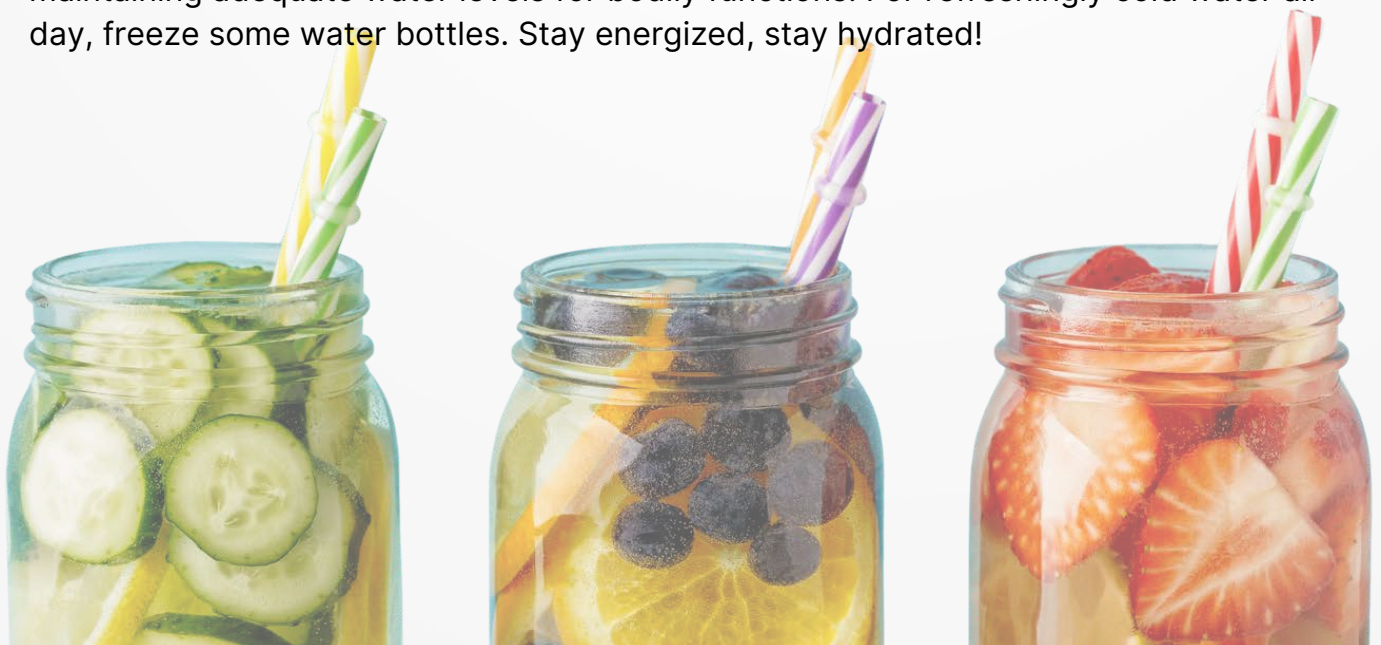
Message: Monitor Your Hydration: Avert dehydration and its effects - muddled thoughts, mood shifts, overheating, constipation, and kidney stones - by drinking ample water. Opt for a measured water bottle to keep a precise tab on your intake. Water is wellness; let's keep track!

TIP 4 GX: Drink a glass of water before every meal.

Message: *Drink Before You Eat*: Water is crucial for every cell, tissue, and organ. Enhance bodily functions and aid weight loss by drinking 16 ounces of water 30 minutes prior to meals. Drink up for health and vitality!

TIP 5 GX: Carry a water bottle wherever you go.

Message: *Hydrate Smartly*: Keep a water bottle close to hand - a visual cue and convenience during work or errands. Avoid energy-draining dehydration by maintaining adequate water levels for bodily functions. For refreshingly cold water all day, freeze some water bottles. Stay energized, stay hydrated!



TIP 6 GX: Eat water-rich foods.

Message: Hydrate with Food: To function optimally, your body requires a balance of beverages and water-rich foods. Approximately 20% of daily hydration comes from foods, with drinks making up the rest. Nourish and hydrate simultaneously.

These foods can significantly contribute to your daily hydration needs while providing essential nutrients:

- Cucumber - Contains about 95% water.
- Watermelon - Contains about 92% water.
- Strawberries - Contain about 91% water.
- Lettuce - Contains about 96% water.
- Celery - Contains about 95% water.

Final message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

Congratulations on accepting the Hydration Challenge! You've taken a fantastic step towards better health and wellbeing. Every sip of water is a victory for your body's vitality. Remember, your journey isn't just about drinking water, it's about embracing a healthier lifestyle. Keep going, stay refreshed, and here's to your health!

