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science

# Healthy Hydration Challenge

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# Healthy Hydration Challenge

## WELCOME TO THE HEALTHY HYDRATION CHALLENGE!

This unique wellness challenge:

- Emphasizes the importance of making healthy hydration choices to help maintain energy balance.
- Promotes updated fluid intake guidelines set by National Academy of Science, Institute of Medicine.
- Provides opportunity for participants to track their fluid intake which ultimately may inspire individuals to modify their health behavior in an effort to reduce caloric intake from fluids.
- Drives wellness engagement and participation rates upward.
- Offers participants easy tracking of fluid intake by providing text, smart phone app, or online options.

In this Challenge, participants will track the number of 8-oz glasses of water (or other zero-calorie beverages) they consume per day. They will enroll and form teams online. You will choose the timeline - we recommend 4 to 10 weeks. The team score is based on the number of glasses per team member, per day. We offer several ways for them to record their progress – either online, via text message, or using our iPhone or Android apps.

The manual provides a host of promotional materials to assist you in getting the word out about the upcoming Hydration Challenge.

Whether you need informative articles to publish online, a letter of support from top leadership, or promotional posters to display in break rooms, it is all here. For your convenience, all materials are provided in both print-ready and editable electronic formats.

The educational resources and motivational e-mail messages included in the manual are designed to reinforce the key health messages of the Hydration Challenge. Distribute these to participants throughout the challenge. Aside from increasing awareness about personal health habits and becoming more informed about healthy weight maintenance, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Hydration Challenge is a success at your workplace.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at [www.extracon.com/demo](http://www.extracon.com/demo)