



## H2OKAY! HYDRATION CHALLENGE

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**Content Areas:** Health Care, Metabolism, Physical Safety, Self-Care

**Duration:** Four Weeks

**Description:** Sometimes it's helpful to get back to basics and that includes staying hydrated! Water is essential to both your body and mind. Let's not underestimate the power it holds in terms of maximizing both metabolism and detoxification — two benefits that tend to be high on many people's list.

But wait, there's more! Adequate water intake also supports better health and immune function, a feeling of fullness and weight management. Join us for this commitment to keep water intake top of mind and look forward to feeling fabulous.

### **Overview:**

- Week 1 – Hydration Basics for Health & Safety
- Week 2 – Big Benefits for Body, Mind & Metabolism
- Week 3 – Shake the Sugar: Protective Practices
- Week 4 – Continuing the Habit

### **Key Components:**

- Resources – Weekly, themed encouragement email with electronic curriculum/practices; participant hydration tracker
- Support – Unlimited access to Wellness Specialist

**Investment:** Starting from \$995