



# HYDRATION CHALLENGE



## The Hydration Challenge.

Encourage your co-workers to drink more water! Here are some hydration facts:

- Water regulates body temperature, keeps skin clear, lubricates and cushions joints, improves circulation, and aids in digestion.
- New York City has some of the highest quality tap water in the nation.
- Infusing water with healthy fruits and veggies makes it more interesting, encourages increased water consumption, and provides a sugary drink alternative.

The Hydration Challenge encourages staff to **drink a glass of water 4 times a day for 5 days.**

- Start the week with an infused water station with WWYNC pitchers, where those participating receive a WWNYC water bottle to use throughout the week.
- Log your progress with the following tracker.
- Meet at the end of the week to talk with your colleagues about their experience and set up the WWNYC pitchers again with refreshing infused water.

Click below for the email templates:

- [Interest email](#)