January 2025

MONTHLY WELLNESS CHALLENGE

STAY HYDRATED

(RETHINK YOUR DRINK)

Stay Hydrated: The Power of Water

Your challenge this month is to make water your first choice! Opt for it over sugary drinks like soda or juice, which are often packed with excess sugar and empty calories.

Team up with your coworkers to encourage each other and turn hydration into a fun challenge! Track your water intake together, celebrate milestones, and keep each other motivated to stay healthy and energized.

Let's make hydration a team effort!

On the following pages, you will find:

- 12 Benefits of Drinking Water
- Infused Water Recipes
- a blank monthly calendar that you can print off to keep track of your progress (if you are working towards completing the yearly Wellness Incentive Program, you may use this calendar as proof that you did the January 2025 Wellness Challenge)

At the end of the month, you will receive a Wellness email with a link to a Google Form. If you completed your monthly challenge of drinking more water, please fill out the form and you will be entered into a prize drawing.

It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.

Benefits of Drinking Water

1. Supports Energy Levels and Brain Function; boosts focus, mental clarity, and overall energy throughout the day.
2. Aids Digestion; helps break down food, making nutrient absorption more efficient.
3. Flushes Bacteria from Your Bladder; reduces the risk of infections by keeping your bladder clear.
4. Carries Nutrients and Oxygen to Your Cells; essential for transporting nutrients and oxygen throughout the body.
5. Prevents Constipation; keeps stools soft and promotes regular bowel movements.
6. Helps Maximize Physical Performance; improves endurance and strength during exercise.
7. Normalizes Blood Pressure; maintains healthy blood volume and stabilizes blood pressure.
8. Protects Organs and Tissues; cushions vital organs and keeps them functioning effectively.
9. Aids in Weight Loss; drinking water before meals can help reduce calorie intake and support metabolism.
10. Regulates Body Temperature; prevents overheating by dissipating heat through sweat.
11. Maintains Electrolyte (Sodium) Balance; keeps muscles and nerves functioning properly by balancing electrolytes.
12. Helps Prevent and Treat Headaches; staying hydrated reduces the likelihood of dehydration-related headaches.

Water is a simple yet powerful way to support your overall health—make it part of your daily routine!

Infused Water IDEAS

Try These Refreshing Combinations

Lemon + Thyme

Cucumber + Lime + Strawberry + Mint

Orange + Star Anise + Hibiscus

Watermelon + Honeydew + Mint

Lime + Ginger Root + Basil

Cucumber + Mint + Jalapeno

Lemon + Raspberry + Rosemary

Orange + Blueberry + Basil

Gather loose herbs and flowers in a tea infuser.

Crush ginger and leafy herbs to release flavors.

Keep it simple. Think of flavor combos you like in other recipes and build from there.

allrecipes

Month _____ Challenge _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY