



Challenge guide :: Week one

Hydration = health

Sips Ahoy: Week one

Welcome to Sips Ahoy! Over the next four weeks, you'll sail the good ship Hydration toward huge health benefits. So say bon voyage to empty calories and hello to better health.

Short-term benefits

- Fewer headaches
- Better moods
- Increased concentration
- More energy and creativity
- Reduced constipation
- Regulation of body temperature

Long-term benefits

- **Weight loss:** Water is a calorie-free drink that helps you feel full faster when you eat, and it boosts your metabolic rate so you burn more calories.
- **Kidney health:** Hydration reduces your risk of kidney stones and helps flush toxins from your body.
- **Reduced injury risk:** Water lubricates your joints and muscles, reducing soreness and likelihood of damage.

Your week one task

Track your daily water intake in ounces on the wellbeing portal.



Next week

How to make water the easiest option.



Challenge Guide : Week two

Water, water everywhere

Sips Ahoy: Week two

Last week we discussed the health benefits of proper hydration. But before you can reap those benefits, you need to swap out sodas, fruit juices, and energy drinks for sweet, refreshing water. A few tips that can help:

- Carry a water bottle with you all day to make water your most convenient option.
- Get a bottle with ounce measurements and actively track your water consumption.
- Keep it interesting: add lemon, lime, orange or cucumber to a pitcher of water and refrigerate it overnight to enjoy some low-sugar, high-flavor infused water on the following day.
- Make water part of your daily routine:
 - » Drink a gulp of water every time you get up from your desk or couch.
 - » Set a recurring reminder on your phone's alarm and drink a glass whenever it rings.
 - » If you exercise, remember to drink extra water for what you sweat out during your workout!

Your week two task

Track your daily water intake in ounces on the wellbeing portal.

Next week

Hydrating beverages beyond water.



Challenge guide : Week three

When water gets boring

Sips Ahoy: Week three

This is a water challenge, but water isn't the only way to hydrate, and you'll want to add a little healthy variety after the challenge ends. How do other beverages compare?

Sail forth:

- **Milk** is actually more hydrating than water and provides other vitamins and nutrients. It does contain sugar, however, so you'll want to watch how much you drink.
- **Coffee** is hydrating, as long as you drink it in moderation and don't add sweetener. It is a diuretic, which means you'll need to hit the restroom more often – drink water each time you get up to offset what you lose.
- **Sparkling water** is just as hydrating as water despite the carbonation. Just choose a sugar-free option.
- **Iced and hot teas** are hydrating and provide important antioxidants, whether they're green, black, or oolong. Unfortunately, you do need to avoid the sugar in sweet tea.

Avast (That means “stop” in old nautical lingo):

- Fruit juice usually provides some vitamins and nutrients, but the massive added sugar content isn't worth it. Eat fresh fruit and drink a glass of water instead.
- Diet soda contains chemicals that can trigger cravings for sweets, and it puts added stress on your digestive system, particularly your kidneys.
- Energy drinks are loaded with chemicals, caffeine, and, often, sugar.
- Alcohol has a diuretic effect and is often found in high-calorie, high-sugar drinks. Regrets, you'll have a few.

Your week three task

Track your daily water intake in ounces on the wellbeing portal.

Next week

Use hydration as a springboard to improved nutrition.



Challenge Guide : Week four

Keep sailing toward better health

Sips Ahoy: Week four

Congratulations on making it to the end of the challenge! If you reduced your intake of sugary beverages and increased your hydration level, you likely discovered a few health benefits – so why not make a few other tweaks to your diet and keep the momentum going? Any changes should depend on your unique dietary needs, but here are a few thought-starters:

- **Protein:** Grain-fed red meat and other artificial options are high in saturated fat, packed with sodium, and can lead to a higher risk of heart attack or stroke. Instead, get your protein from low-fat, low-sodium nuts, plants and meats.
- **Fruits and Veggies:** Just eat them! And the less processed the better. Whole, natural fruits and vegetables provide nutrients that you won't get from sticking to protein and grains.
- **Bread and grains:** Try to stick to one00% whole wheat and whole grain products, which provide protein, fiber, B vitamins, antioxidants, and minerals such as iron, zinc, copper, and magnesium.

Your week four task

Track your daily water intake in ounces on the wellbeing portal.

Thank you for joining the challenge!

Visit the wellbeing platform for more healthy resources.