

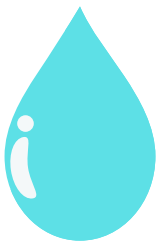


**HARNESS THE
HEALING POWER OF
HYDRATION!**

**IT'S TIME FOR THE
SEVEN DAY SIP
WATER CHALLENGE**

Seven Day Sip Challenge

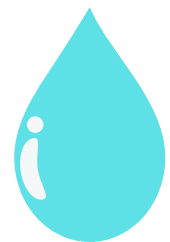
*Prioritize your well-being and
refresh your body and mind*



This week long challenge is designed to help you increase your water intake and improve your overall well-being.



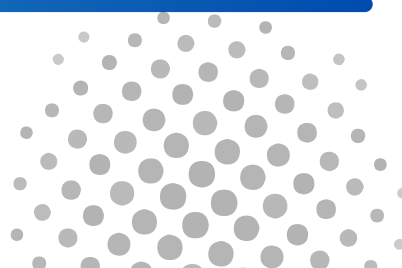
Learn about the physical and mental health benefits of staying hydrated during recovery and follow the tips and see how many points you can get.



Keep track of the water you drink using the *Seven Day Sip Water Tracker* and earn points along the way. At the end of the challenge, add up your points to see how you did. Grab your water bottle, set your intentions and let's get started!

Don't miss out!

The activity will begin on _____ and end on _____





Seven Day Sip Challenge

Overview

**SIP, SIP, HOORAY!
STAYING HYDRATED
IS AN EASY WAY TO
FEEL GREAT, THINK
CLEARLY, AND KEEP
YOUR BODY HAPPY
EVERY DAY!**

Welcome to the Seven Day Sip Water Challenge!

Over the next 7 days, we will embark on a journey to improve our hydration habits and reap the benefits that come with being well hydrated. Whether you're looking to boost your energy levels, improve your skin, or simply feel better overall, increasing your water intake can make a significant difference.

Water is an essential nutrient and can improve our health in a variety of ways.



Boosts energy levels

Proper hydration helps maintain energy levels throughout the day by ensuring that our bodies are operating efficiently



Supports digestion

Water aids in breaking down food so your body can absorb nutrients more efficiently



Aids in detoxification

Drinking water helps your kidneys filter out waste products and toxins from your blood, helping to cleanse the system more efficiently and promotes better overall health



Improves cognitive function

Proper hydration is crucial for maintaining concentration, alertness and short-term memory



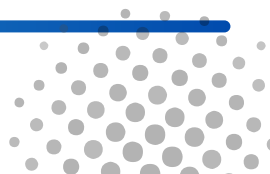
Improves skin health

Staying hydrated can enhance your skin's elasticity, reduce the appearance of wrinkles, and give you a healthy, glowing complexion



Supports organ function

Proper hydration supports the function of vital organs, including the brain, heart, and digestive system. This is crucial for individuals in recovery, as their bodies work to heal and return to normal functioning.



The Challenge

1. **Designate** a challenge coordinator. The coordinator will distribute and collect logs from participants. The coordinator will also send out the challenge newsletters that are included in this challenge.
2. **Introduce** the challenge. An announcement poster is included with this challenge. Post the announcement poster in several locations around the facility.
3. If applicable, **introduce** the optional challenge event (included in the challenge packet), along with the event date and how it will run.
4. **Inform participants** on the benefits of drinking water found on the front of this page. This may help participants understand the importance of the challenge and help encourage them to participate.
5. **Recruit** participants for the challenge by posting a sign-up sheet next to one of the announcement posters. Information about the challenge along with the benefits of drinking water can also be announced during meetings and events.
6. **Explain** how the challenge will progress and be scored. Individuals will get 1 point for each water drop filled in on the tracker and 1 point for each quick quest completed. Points will be added at the end of the challenge, and the individual with the most points wins!
7. **Distribute** the challenge tracker, quick quest page and optional incentive (if applicable) to participants.
8. **Send** the four challenge newsletters to participants at the beginning of the challenge, each day for the first four days or as the coordinator sees fit.
9. **Remind** participants of the challenge end date in advance.
10. **Collect** tracker sheets on the designated collection date.
11. **Notify** the winners of the challenge within a couple days of collection. Hand out prizes if applicable. (Be creative-prizes do not have to be expensive, or even cost money. See the list of suggested prizes provided.) Placing an announcement on a bulletin board or congratulating winners during a gathering are great ways to recognize the participants.
12. **Evaluate** the challenge. Make note of how many people participated. Use the evaluation survey provided to find out what participants found helpful in the challenge.
13. **Discuss** changes that could be made in the facility that could encourage drinking ore water, such as providing water stations or reusable water bottles, or scheduling water breaks throughout the day.

*OPTIONAL EDUCATIONAL REINFORCER- WATER BOTTLE



*OPTIONAL PRIZE IDEAS PRINTED CERTIFICATES- "HYDRATION HERO", "QUEEN OF QUENCH", GUZZLE GURU" ETC.

WATER FLAVOR PACKETS

FRUIT INFUSER WATER
BOTTLE





Seven Day Sip Challenge

Quick Quest

COMPLETE THESE QUICK QUEST ACTIVITIES TO HELP YOU STAY HYDRATED. EACH QUICK QUEST THAT YOU COMPLETE IS WORTH 1 POINT.

**SET A HYDRATION GOAL-
WRITE THEM DOWN.**

**CARRY A REUSABLE WATER
BOTTLE WITH YOU**

**DRINK A GLASS OF WATER
BEFORE A MEAL**

**KEEP WATER ACCESSIBLE
BY PLACING WATER AROUND
YOUR ROOM**

**EAT A WATER RICH FOOD,
LIKE WATERMELON,
GRAPES OR LETTUCE**

**SIP WATER BEFORE GOING
OUT FOR A WALK OR
PARTICIPATING IN
PHYSICAL ACTIVITY**

**REPLACE ANOTHER
BEVERAGE WITH WATER
(I.E., A SODA OR COFFEE**

**SET AN ALARM OR
ALERT TO REMIND YOU
TO DRINK WATER**

**BRING A FRIEND A
GLASS OF WATER**

**SET UP A BRAINSTORMING SESSION WITH A FEW OTHER
PEOPLE AND MAKE A LIST OF WAYS TO MAKE STAYING
HYDRATED EASIER IN THE FACILITY**

**CREATE AN INFUSED
WATER RECIPE (I.E., FRUIT
AND HERBS) THAT YOU
WOULD LIKE TO TRY AND
WRITE IT DOWN**

TRACK YOUR WATER INTAKE

**EXPRESS KINDNESS-
WITHOUT THEM
KNOWING, DO
SOMETHING FOR
ANOTHER PERSON THAT
INVOLVES HYDRATION**

**CHILL WATER SO
IT'S READY TO USE**

**GRAB A SIP OF WATER BETWEEN
CLASSES OR DURING A BREAK**

**DRINK A GLASS
OF WATER WHEN
YOU WAKE UP IN
THE MORNING**



Water Tracker

Color in 1 drop for each glass of water you drink or each quick quest activity you complete



Day 1

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 2

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 3

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 4

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 5

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 6

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.

Day 7

A light blue square containing two rows of four white water drop icons each, for a total of eight drops.



Tips for drinking more water:



- Make water more accessible
 - Carry a water bottle with you
 - Place water around your home/room, like on the bedside table or near the sofa, so it's available when you need it
- Sip water throughout the day



Benefits of Drinking Water:

Water is essential to keep your body functioning properly and feeling healthy. Almost all of your body's major systems rely on water to function. Water makes up about 60% of your body weight, so it's no surprise what staying hydrated can do for you. Water helps to regulate body temperature, carry nutrients and oxygen to cells, flush out toxins and waste products and lubricate joints.

Hydration Sensation Salad

Serves 4

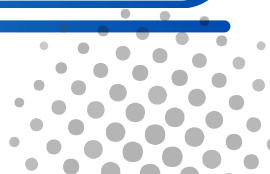
Ingredients:

- 2 1/2 cups of seedless watermelon, cut into small cubes
- 1 1/2 cups cucumber, deseeded and cut into cubes
- 1 cup blueberries
- 1/2 cup feta cheese
- 1 bunch basil de-stemmed and chopped
- Drizzle of balsamic vinegar



Directions:

1. Combine watermelon, cucumber, blueberries and feta in a large bowl. Mix well.
2. Drizzle balsamic vinegar, to taste, over mixed ingredients.
3. Cover and chill if desired.



Seven Day Sip Challenge Newsletter #2

Tips for drinking more water:

- Add a little pizzazz to your water
 - Try adding fruit or herbs to your water to give it a little flavor
 - Add a squirt of lemon or lime juice to seltzer water for a fun, refreshing drink



Benefits of Water on Appearance:

Water plays a crucial role in maintaining a healthy and vibrant appearance. It keeps your skin hydrated, which makes it more elastic, reduces dryness, and helps smooth out fine lines and wrinkles. Drinking water also helps flush out toxins, which can lower the chances of skin problems like acne or dullness. Staying hydrated is also great for your scalp, helping your hair grow better and preventing dryness, breakage, and dandruff. Plus, drinking enough water can help your skin recover from damage caused by harmful habits and keeps you looking youthful and vibrant.



Citrus Cilantro Infused Water

Ingredients:

- | | |
|------------------------|-------------------------|
| 1 large lemon, sliced | 1/2 cup cilantro leaves |
| 1 large lime, sliced | 1/2 gallon of water |
| 1 large orange, sliced | |

Directions:

1. In a large pitcher, pour water over citrus fruits and cilantro.
2. Refrigerate for at least 2 hours.
3. Garnish with an orange slice and a spring of cilantro and serve over ice.



Seven Day Sip Challenge Newsletter #3

Tips for drinking more water:

- Set daily goals to stay hydrated
 - Determine how much water you need each day and break it down into manageable portions
 - Use an alarm or your phone to set reminders to help you drink water throughout the day



How much water do I need?

Every cell, tissue and organ in our body needs water to function properly. Every day, we lose water through breath, perspiration, and urine. We need to replenish that water by consuming beverages and foods that contain water. The amount we need will vary from person to person, but it is recommended that men should get about 15.5 cups a day and women should get about 11.5 cups of fluid each day from water, other beverages and food.



Spinach Tortellini Soup

Serves 6

Ingredients:

- | | |
|---|---|
| 1 teaspoon olive oil | 2 teaspoons Italian seasoning |
| 2 garlic cloves, minced | 1 package (9 ounces) refrigerated cheese tortellini |
| 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained | 4 cups fresh baby spinach |
| 6 cups vegetable broth | Shredded Parmesan cheese |
| | Freshly ground pepper |

Directions:

1. In a large saucepan, heat oil over medium heat. Add garlic; cook and stir 1 minute. Stir in tomatoes, broth and Italian seasoning; bring to a boil. Add tortellini; bring to a gentle boil. Cook, uncovered, just until tortellini are tender, 7-9 minutes.
2. Stir in spinach. Sprinkle servings with cheese and pepper.

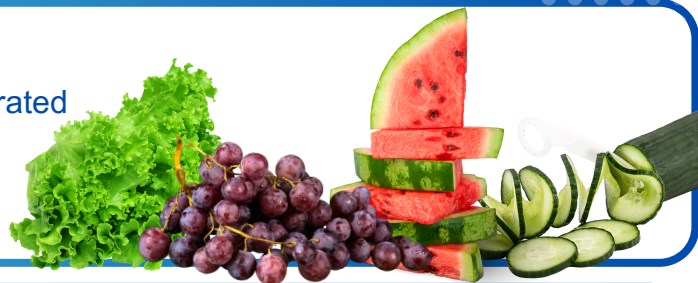




Seven Day Sip Challenge Newsletter #4

Tips to get more water each day:

- Foods can also help you get more water and stay hydrated
 - Add more water-rich foods into your diet, like cucumbers, watermelon, oranges, lettuce and strawberries



Water in Recovery:

Staying hydrated during recovery can improve both your body and mind, giving you a strong base for a healthier future. Drinking water helps your body heal by repairing damaged cells and boosting your immune system. It also flushes out toxins and harmful substances during detox. Water supports brain function, improving memory, focus, and alertness. Staying hydrated can also reduce cravings by keeping your body balanced and help stabilize your mood, making it easier to maintain emotional health.

Grilled Watermelon Salad

Serves 4

Marinade:

Juice and zest of 1 lemon
3 tablespoons of honey
2 tablespoons olive oil
Salt and pepper to taste

Ingredients:

Medium seedless watermelon (cut into wedges)
1/2 cup Feta cheese, crumbled
7-8 torn basil leaves



Directions:

1. Preheat grill on high heat.
2. Whisk together lemon juice and zest, honey, olive oil, salt and pepper.
3. Coat watermelon with marinade on both sides and grill each side about 2 minutes.
4. Place watermelon on a serving platter and top with feta and torn basil leaves.



Extension
College of Agriculture,
Biotechnology & Natural Resources

Certificate of Participation

This certificate awarded to:

For the successful completion of the one-week

Seven Day Sip Water Challenge

Signature

Date

