

GET MORE OF

THE ONE-INGREDIENT

WONDER

Join the “Just Add Water” Hydration Challenge. It's coming soon.



It's amazing what a little water can do. Add it to a planted seed and it grows. Add it to a recipe mix and it becomes batter. The “**Just Add Water**” **Hydration Challenge** is coming soon from the ParTNers for Health Wellness Program to show you the wonderful ways you can benefit when you just add water to yourself. You'll be challenged to drink at least 6 cups of water each day. And you'll get six weeks of fun, tasty tips to help you quench your thirst.

The challenge takes place in your Well-Being Account and runs **July 20 – July 27**. Register now to get your spot.

SIGN IN* AND THEN:

- 1** Set up your **Servings Tracker**, if you don't already have one. It's on the My Well-Being Plan tab. Tip: Turn on the tracker's **reminder** to receive texts or emails about tracking.
- 2** In the **Groups and Challenges** tab, click **Join This Group** under **Just Add Water**.
- 3** Return July 20 to start participating.

During the challenge, you will receive:

-  A weekly email with creative tips on how to drink more water
-  A reminder to stay active in the challenge by using your online Servings Tracker and the chatter board

Spread the word. Encourage your covered spouse (if applicable) and other co-workers who are on the State Group Health Plan to join the fun, too.

Have questions? See these [challenge FAQs](#) for more details.

* If you haven't already, you must create a Well-Being Account and Well-Being Plan before joining the challenge. You will also need to complete the Well-Being Assessment, if you haven't already this year.

Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.

PUT YOUR WATER IN A GLASS OF ITS OWN.

Welcome to Week 1 of the “Just Add Water” challenge.



You’ve just embarked on a challenge from ParTNers for Health Wellness Program that’s as simple as it is fun—and not to mention beneficial. Let’s start with some tips that will make it so easy to drink at least 6 cups of water a day, you may not even realize you’re doing it. Don’t forget to sign in regularly to track your servings and visit the chatter board for more tips and encouragement.

Challenge Tip: Get personal with your water bottle.

Just like driving a car, drinking water can become second nature. One of the easiest ways is taking a water bottle with you everywhere, every day.

- **Get a reusable water bottle (or two).** It’ll save you from buying single-use bottles. And that’s better for the environment, too.
- **Give it some stripes.** With a permanent marker, draw goal lines around your bottle.
 - Option 1: Mark a line for each cup it holds. Filling it with a measuring cup can help. Or, if you know the ounces it holds, every 8 ounces is 1 cup.
 - Option 2: Mark lines that show how much you plan to drink by certain times of the day. Start near the top and work down. (Two bottles are handy since one may only hold 3 to 4 cups.)
- **Clean it well.** No need to let bacteria grow.

This challenge is not meant to replace the advice of a physician. You should not rely on any information or suggestions here to replace consultations with qualified health professionals regarding your specific situation.



Did you know?

Although the health risks are still being debated, research has shown that [sweetened beverages](#), like soda, have been linked to weight gain and a higher risk of developing type 2 diabetes. Plus, the average American household spends \$850 on soda per year. Think of the money you could save and pounds you could keep off by drinking water.



Don’t like plain water?

Flavor it with a slice of cucumber or squeeze of lime or lemon. More tasty tips are coming soon.

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MOVE TO A

CLEARLY BETTER

BEAT.

Welcome to Week 2 of the “Just Add Water” challenge.



When you think about how simple water is, you may not realize how good it is for you. But your body thrives on this clear, calorie-free beverage. To get this healthy habit of drinking more water to stick, it's important to make it practical. See how with the ideas below. Then sign in to stay active in the challenge online.

Challenge Tip: Pair water with daily routines.

For each of the next seven days, try at least one of the ideas below.

Fill a glass or reusable water bottle and drink water ...

- **First thing in the morning**—before other morning routines, such as taking a shower or brewing coffee. Try warming it up, and add a lemon wedge.
- **When hunger or cravings set in.** It can help fill your stomach, which can help curb your appetite until it's time to eat.
- **When you get in an afternoon slump.** If you are even slightly dehydrated, it can affect your energy. Drinking plain H₂O can help you perk up.
- **When you exercise**—before, during and after. It helps replenish water your body uses or that you lose through sweat.
- **With your dinner.** Just like restaurants do, give yourself a glass of water to sip on, even if you have another drink.

If you have a device with a reminder or alarm function, that can help you remember, too.

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Share your routine.

[Sign in](#) regularly to update your Servings Tracker. While you are there, share how water fits in your routine on the chatter board.



Feel different?

Use your [online journal](#) to record any differences you notice by drinking more water.

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IT'S A GLASS-HALF-FULL DAY FOR THE THE TASTE BUDS.

Welcome to Week 3 of the “Just Add Water” challenge.



If the water you have been drinking leaves something to be desired for your taste buds, it is time for a change. The better you like your water, the more you'll want to drink. And the more you drink, the better you can feel. After all, staying hydrated helps your brain function better, which promotes clear thinking and a good mood.

Challenge Tip: Spice up your water

Bring out the best in your water, and there will be no need to turn to artificially flavored H₂O.

- 1. Filter it.** If your tap water has a bad taste, add a filter to your faucet. Or purchase a pitcher or water bottle with a filter. If your refrigerator has a filter, replace it as suggested.
- 2. Add natural flavor.** Beyond the traditional squeeze of lemon, there are many more options. Add wedges of lime and crushed mint and leave it in the fridge overnight. Strawberries and basil are good together, too. Cucumber is refreshing and simple. Or simmer some water with a cinnamon stick and mix the flavored water with cooler water and apple slices. To keep your additions separate from your water, try a water infuser.
- 3. Go from flat to fizz.** Like the bubbles in soda? Maybe you'll like them in water. Look for sparkling water, seltzer water or club soda at the store.

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Don't forget.

Keep updating [your Servings Tracker](#) with the amount of water you drink. And share your favorite way to drink water on the chatter board.



Curious about juice?

Juice can help keep you hydrated but can also be high in calories, which can lead to weight gain. If you flavor your water with juice, choose “100 percent juice,” and don't count the juice as part of your water servings in your tracker.

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WHEN YOU POUR,

YOU SCORE.

Welcome to Week 4 of the “Just Add Water” challenge.



Way to go! You're already more than half way through this thirst-quenching challenge. Now is a great time to have some fun with your goal of drinking at least 6 cups of water each day. Get to it, and don't forget to track your water servings online and share encouraging tips of your own on the chatter board.

Challenge Tip: Make it a game.

Games are fun. Challenges are motivating. Together, good things are bound to happen. To make a game out of drinking water:

- 1. Define your “win.”** This can be as easy as exceeding your water servings goal for a few days in a row. Or add a new goal. For example, if you've been having three drinks a day that are not water, swap one with water for a few days.
- 2. Set a prize for winning.** It can be anything you want that will help you recharge. Get a massage. See a movie. Go to dinner with a friend. Try a new workout class. Hire someone to cut the lawn. Anything.
- 3. Come up with a penalty.** Make it something you can do without when you miss your win—until you can catch up or try again. For example, cut your TV or Internet time by half. You can probably think of other games to play. Just make sure to drink water responsibly. Drinking too much of it can be [dangerous](#).

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Did you know?

You've probably heard that in a survival situation you could live for about a month without food but only a few days without water. Water is without a doubt one of the best things you can put into your body. When you drink it, it gets right to work carrying oxygen and nutrients to your cells. It lubricates and cushions your joints. It even protects your organs, tissues and spinal cord. That's not to discount food, of course; it's quite essential, too.

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WHEN

TEMPERATURES RISE,

WATER IS WISE.

Welcome to Week 5 of the “Just Add Water” challenge.



Now that you are becoming a water expert, you probably have a good handle on how much H₂O your body needs on a daily basis. But there are times your body needs more to balance its temperature. Learn when with the tips below. Then sign in so you can look at your progress so far. While you are there, don't forget to update your Servings Tracker and connect with others on the chatter board.

Challenge Tip: Drink the ultimate cool-down beverage.

When you or Mother Nature turn up the heat, you may think you need a sports drink or vitamin-enriched water to rehydrate. In situations like these, your body probably just needs more water (not a fancy, packaged drink):

- **When you're physically active.** Drink more water a couple hours before activity. Drink it every 10 to 20 minutes while active. Drink more when done, too.
- **When you're in a high altitude or hot climate.** That includes heated indoor air, too, since it can dry out your skin.
- **When you're sick with a fever or have trouble keeping fluids down.** Some conditions may be treated differently, so follow your healthcare provider's advice.

In some other situations: A drink of water enriched with electrolytes may be best. For example, when you finish a highly strenuous activity like a marathon, you may have lost a lot of salt from prolonged sweating. A drink with sodium can help you rehydrate quicker.

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Electro-what?

Electrolytes is a fancy term for nutrients, like certain minerals, that help balance your body's fluids. Potassium, sodium and chloride are a few examples. You can lose them when you sweat. Sports drinks aren't the only way to replenish these minerals; many foods also contain them. For example, bananas, spinach and orange juice are rich in potassium. While seasoning salt contains sodium chloride, there are healthier ways to get sodium like eating whole-grain bread.

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WHEN YOUR BODY SIGNALS, TURN TO WATER.

Welcome to the final week of the “Just Add Water” challenge.



From the beginning of the challenge, you have been drinking at least 6 cups of refreshing water each day. All of your dedication is surely paying off. In this final week of the challenge, keep using your Servings Tracker and the chatter board. Also start paying more attention to cues that your body gives you.

Challenge Tip: Listen to your body.

Everyone’s needs are different. Listen to your body and talk to your health provider when in doubt.

Do you feel thirsty? Most people get enough water by letting thirst be their guide. However, feeling thirsty could be a sign you are already dehydrated.

Do you sweat or urinate a lot? Make sure you replenish. If you have a condition like diabetes or take certain medications, you may urinate more and need more fluids.

What color is your urine? If your urine is clear or light yellow, you are probably drinking enough water. If it’s dark yellow, it’s likely a sign that you need more fluids. Although, some vitamins and other factors can cause yellow urine.

Are you older? You may need to drink more. As you age, your risk for dehydration can increase.

Do you have a headache or low energy? While there could be many causes, the slightest bit of dehydration could be to blame. Try drinking more water.

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Water helps digestion.

It flushes out toxins and helps keep you regular (prevents constipation).



Choose healthy.

As you know, water is your best beverage choice. Other drinks and even foods can help rehydrate you, too. Just be sure to limit sweetened drinks since they can contribute to weight gain.

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