



rethink

Your Drink

A HEAL CHALLENGE

HEAL tool kits are for information purposes only. Users should always consult with a qualified and licensed physician or other medical care provider as to any issues related to their health. Users are warned to follow the advice of their physician prior to engaging in any of the advice contained in these tool kits.

The Challenge

HEAL of Washington County is committed to inspiring our community to become healthier. It has created a ReThink Your Drink Challenge to encourage people to drink more water and “rethink” many of their popular drink choices as one way to improve their health.

People often don't realize that a sizable amount of their daily calories and added sugar can come from their beverages. Many popular drinks have high sugar content, mainly because they contain “added sugars.” These added sugars, plus any naturally occurring sugars, can add up to more than 200 calories and $\frac{1}{4}$ cup of sugar in just one beverage. The extra calories and sugars can sneak up on you because you may not feel as full as if you had eaten the same calories from solid food.

Water is the best choice because staying hydrating keeps your body functioning at its best. It boosts energy production, supports brain function, helps deliver oxygen all over the body and flushes waste. Long-term dehydration may cause illness.

The amount of water person needs varies based on gender, activity level, as well as other factors. So, HEAL just encourages a daily goal of 64 ounces because this is a good amount to fulfill the majority of a person's water requirement. As part of the Challenge, participants track the amount of water they drink over a 4-week period with the ultimate goal of drinking 64 ounces per day. The following pages of this toolkit provide an outline on how to implement the Challenge, tracking tools and other resources to educate/promote the Challenge throughout your workplace.

Challenge Outline

Before Challenge

1. Promote the Challenge:
 - [Emails](#)
 - [Posters](#)
 - Social Media
 - Publicize any prize incentives for participation
 - Add Challenge information on company website / newsletter
2. Plan a kick-off event
Examples:
 - Kick-off Rally
 - Lunch and Learn with speaker
 - Internal Employee Challenge
 - Water tasting – healthy ingredients added to water, such as berries, oranges, lemon
 - Healthy Beverage recipe contest
3. Send out [pre-Challenge survey](#)
4. Provide [tracking sheets](#) and other materials to employees in preparation of Challenge's start

During Challenge

5. Start tracking water consumption
6. Provide motivational throughout Challenge - Emails
 - Posters
 - Social Media
 - Incentive prizes *Sample Incentives are available through HEAL.
7. Place challenge materials in lunchroom and other key areas
8. Remind participants of deadlines

After Challenge

9. Have participants turn in tracking sheets
10. Send out [post-Challenge survey](#)
11. Celebrate and recognize

RESOURCES

These resources are to help you prepare for your event. Many of them will need to be altered to be specific to your Challenge.

Digital Resources:

[Tracking Sheet](#)

[Pre-Challenge Survey](#)

[Post-Challenge Survey](#)

[Images](#)

[Sample Emails](#)

[Sample Social Media Posts](#)

[Posters](#)

Physical Resources to borrow from HEAL:

Water Dispensers

Brochures

Banner

Extra Large Banner

Large inflatable Water

Bottle Yard Sign

Additional Resources

[Fewer Sugary Drinks](#)

[The Fruit Guys](#)

[California Department of Public Health](#)

[WorkWell NC Toolkit](#)