



Iredell County  
**Motivate, Hydrate,  
Feel Great!**

Healthier Beverage Challenge

I'm sure you know that drinking water is healthy for you, but do you know why? For starters... drinking water helps maintain the balance of body fluids, helps to control calorie intake, helps energize muscles, keeps skin looking good, helps your kidneys, and helps to maintain normal bowel function! Take our Challenge to drink water in place of less healthy beverages and help your body!

**GOAL: *Replace one unhealthy beverage with a glass of water each day.***

**July 9—September 30**

**PRIZE: Those who are successful in achieving the goal will receive an infusion water bottle!**

**CLICK HERE TO REGISTER NOW or contact Sarah Williams at (704) 832-2329 or [swilliams@co.iredell.nc.us](mailto:swilliams@co.iredell.nc.us).**

*Deadline to register is July 9th.*

# Motivate, Hydrate, Feel Great Challenge

## What is this Challenge?

I'm sure you know that drinking water is healthy for you, but do you know why? For starters... drinking water helps maintain the balance of body fluids, helps to control calorie intake, helps energize muscles, keeps skin looking good, helps your kidneys, and helps to maintain normal bowel function! Take our Challenge to drink water in place of less healthy beverages and help your body!

## How Does the Challenge Work?

1. Sign up for the challenge by contacting Sarah Williams at [swilliams@co.iredell.nc.us](mailto:swilliams@co.iredell.nc.us) or (704) 832-2329. The challenge officially begins on July 9th, which is also the deadline to sign up for the challenge.
2. The goal is to replace one unhealthy beverage (soft drinks, sweet tea, etc.) each day with a glass of water. Don't drink soft drinks or sweet tea? You can also replace juices or coffee. It is much healthier to get fruit servings from actual fruit instead of fruit juices so replacing juice with water would also be a good idea.
3. Track your progress by checking off the days that you are successful. The goal is to do this at least 4 days each week. Everyone who accomplishes this will receive an infusion water bottle at the end of the challenge.
4. Turn in your log sheets to Sarah Williams by Monday, October 8th. Any log sheets received after that will not receive a prize.

*If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call Sarah Williams at (704) 832-2329 and I will work with you to develop another way to qualify for the reward.*