

DRINK 8 TO HYDRATE!

CHEERS TO WATER!

August 9– September 5

Water is essential for life and many of us do not drink enough of it. Did you know that 75% of Americans are chronically dehydrated? Join the challenge to learn the importance of hydration and start the healthy habit of drinking eight (8-ounce) glasses of water each day!

THREE WAYS TO REGISTER BY AUGUST 8th:

1. [Click to Register](#)
 2. Scan QR Code and add your login
- OR**
3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join a GROUP**



PRIZES:

In addition to improved energy, clearer skin, and better focus, 5 random participants that complete the challenge will be entered to win a 1 of 3 Echo Shows or 1 of 2 Seltzer Streamers!

Read below about the impact 2020's Drink 8 Challenge had on your fellow employees. Register today and see what Drink 8 to Hydrate can do for you!

"I feel better when hydrated!"

"Helped me cut out soft drinks."

"Helped me learn benefits of staying hydrated."

"I felt hydrated and refreshed."

QUALIFYING
HEALTHY ME
ACTIVITY



NUTRITIONAL