



Hydrate in the Heat

Water Challenge



Arthur J. Gallagher & Co.

Hydrate in the Heat



Challenge Goal (Employer)

- Staying hydrated is important everyday, but is especially important in the spring and summer months when temperatures can reach 3 digits.
- This challenge is designed to help employees stay hydrated by challenging them to drink eight, 8 oz. glasses of water each day.



Hydrate in the Heat



Instructions (Employer)

- Identify the dates of the ***Hydrate in the Heat*** challenge.
- Distribute instructions and tracking sheet to employees.
- Employees will use the tracking sheet to keep track of their water intake throughout the day.

Hydrate in the Heat



Getting Started | *Things to think about...*

- Pick a coordinator or coordinators.
- Create sign ups/registration sheets.
- Identify if there will be a specific kick off for this event and if so, what will it include?
- What is a good incentive that will motivate employees to participate?
 - For this challenge, giving out water bottles could be a great way to get people to sign up, and a great way to help employees track their intake.
- Who is eligible to participate (employees, family members)?
- Choose a method to promote the challenge (email, newsletter, intranet, bulletin board).

Hydrate in the Heat



Challenge Goal (Employee)

- Our bodies are hydrated by:
 - 80% Liquids
 - 20% Foods
- 21% of our calories come from beverages like coffee, tea, soda, juice, and alcohol... water has 0 calories.
- Water makes up 60% of our body.
- Drinking the right amount of water is essential to many processes in our bodies. From regulating body temperature, lubricating our joints, helping to maintain digestive health, and lessening the burden on our kidneys and liver by flushing out waste.
- Don't think you're dehydrated? Sometimes we don't even know! Some of the effects of mild dehydration include impaired cognition, moodiness, inability to regulate body temperature, decreased cardiovascular function, and impaired physical capacity. Even fluid loss while sleeping can have consequences like decreased attention, memory, and psychomotor processing.
- **Join the Hydrate in the Heat** challenge to give your body the water it needs to feel great!

Human body
60%
water



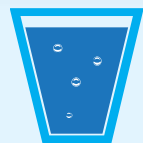
Hydrate in the Heat



Instructions (Employee)

- Sign up to participate and encourage your coworkers to join the fun.
- Print and put your name on your Hydrate tracking form.
- Track your water intake by crossing out a water glass on your tracking form every time you drink 8oz.
 - Your goal is to cross off **8 glasses or more per day**.
- Submit your completed tracking form to _____ by the challenge end date _____.

Hydrate in the Heat



Week 1 Water Intake (1 glass = 8oz)

Employee Name:

GOAL

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



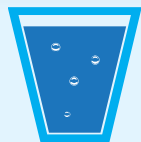
FRIDAY



SATURDAY



Hydrate in the Heat



Week 2 Water Intake (1 glass = 8oz)

Employee Name:

GOAL

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

