

STAFF CHALLENGES

Hydration Station

Do you drink enough water? How much water is enough? A few of the incredible benefits of drinking enough water include:

1. Lower risk of dehydration and stroke¹
2. Maintaining a healthy blood pressure¹
3. Improved digestive functioning¹

This challenge encourages staff to hydrate properly.

Goal:

To encourage staff to consume the recommended amount of water each day for 7 days. Men should consume at least 12 cups of water per day, and women should consume at least 9 cups of water per day.

Timeline:

This challenge should last for 1 week. However, you are welcome to encourage your staff to continue tracking their water intake for a longer period of time. This challenge pairs well with the *Way to go H2O* or *Choose like a Champion* monthly campaigns, but it can be done at any time.

Materials:

1. One hydration tracking sheet per staff member (*attached*).
2. Email to staff (*attached*).

Instructions:

1. Send out suggested email copy to staff.
2. Distribute a tracking sheet to each staff member.
3. Send out an email reminder about half way through the challenge to encourage staff to continue tracking their water intake.
4. Collect completed tracking sheets from staff on the final day of the challenge.

¹ [Dietitians of Canada](#)

Next Steps:

1. Share your staff's progress on your school's social media. Please tag @APPLESchools so that we can re-post and promote!
2. Continue prioritizing hydration.
 - a. Encourage staff to continue tracking their water intake by running this initiative periodically.
 - b. Check out the *Way to go H2O* and *Choose Like a Champion* monthly campaigns which focus on healthy beverage choices. [Find them here.](#)

Suggested staff email copy

Please personalize as you see fit.

Hello **(school name)** staff,

Do you think that you drink enough water in a day? It is recommended that women drink 9 cups and men should drink 12 cups of water each day. To put this into perspective, a typical 500 mL plastic water bottle is equal to 2 cups. Drinking enough water can lower your risk of dehydration or stroke, help you to maintain a healthy blood pressure, and improve digestive functioning. To help us increase our water intake, we will be trying the Hydration Station staff challenge! I have attached a tracking sheet that you can use to track how much water you drink. Every time you drink a glass of water just cross off one of the glasses on your tracking sheet. Bring a reusable water bottle to help you remember to hydrate.

At the end of day 7, please return your completed tracking sheet to me. I will post the tracking sheets in the staff room and count up how many cups of water our staff drank as a collective!