



Sip, Sip, Ahh...

FILL YOUR WATER BOTTLE AND REFUEL YOUR HEALTH

Registration opens July 13 - July 24

JULY 20 - AUGUST 16

Getting Started

About the Challenge

No carbs. Low fat. No meat. All meat. It's easy to get lost in the world of fad diets and overlook one simple, sustainable way to improve your health—drinking more water! Join this four-week challenge and discover the short- and long-term health benefits of proper hydration.

How to Participate

- **Record:** Track your daily water intake in ounces and record using the challenge to-do list on the portal's dashboard.
- **Tools:** Review your weekly newsletters or your challenge guide, located on the challenge page, for tips and tricks to add hydration to your daily routine.
- **Completion Requirements:** Drink 32 ounces of water on 20 out of the 28 days of the challenge.

Weekly Focus

1. **Make Water the Most Convenient Choice.** Get ready to hydrate – and then hydrate some more
2. **Hydration Health Benefits.** Learn what's in it for you
3. **Beverage Breakdown.** Healthy ways to hydrate (besides water)
4. **Go Beyond Hydration.** What's next? Pairing hydration with other small changes to improve your health

Challenge & Program Resources

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep and step tracking

How to Register

Go to bostonwellness.livehealthyignite.com

Returning Users

Click **SIGN-IN** in the upper right corner, enter your username and password, and click **Log In**. To join the challenge, start at step 5 of the New User instructions.

New User

1. Click **JOIN NOW**.
2. Enter your Group Code: wellness2018
3. Create your account by entering your name, email address, username and password.
4. You'll receive a confirmation email; click the link to confirm your account information.
5. Log in to your account and complete your profile.
6. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.
7. You have now joined the challenge as an individual. If you wish to join or create a team:

To Join a Team:

- Select **Find a Team** on the challenge page to join a team.
- You can find any invites you have received under **Invites** on the right side of the Find a Team page or in the notifications on your portal dashboard.
- You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.
- If you know your team's name, you can search for the team you wish to join and select **JOIN TEAM**.

To Create a Team:

- If you create a team, you will become a Team Captain.
- Select **CREATE TEAM** on the challenge page or **CREATE A NEW TEAM** on the Assemble Your Team page and enter your team name.
- Select **Add Members** to invite teammates. Teams can have 2-10 members.
- Only team captains can add or remove team members.