

**Message: Rethink your drink challenge**

How to use

1. Share the message below with employees to encourage them to register for the SmartHealth Rethink your drink challenge between August 27 and September 17, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

Subject: Drink to good health

Did you know your body weight is made of 50 to 70 percent water? That makes hydration

important to every part of your body. To help stay fully hydrated and feeling your best, register

for the SmartHealth Rethink Your Drink challenge by September 17.

**Be your best self**

Drinking enough water is one of the easiest and most important things you can do for your health. By staying hydrated, you can help boost your mood, improve your sleep, and keep every part of your body functioning at its best.

**Replenish your body**

Your body needs water to survive. Replacing sugary drinks with water helps your body regulate your temperature, get rid of waste, avoid dehydration, and more. Plus, staying hydrated keeps you from feeling sluggish and tired throughout the day.

**How it works**

During Rethink Your Drink, the goal is to replace sugary drinks with water and track your water intake. Indicate whether you were able to meet the goal (yes or no) of drinking six or more glasses of water on at least 21 days of the 28-day challenge to earn 150 points. The challenge starts September 10 and ends October 7.

You can document your progress each day or go back to report it before the end of the challenge. Track your results [online](https://smarthealth.hca.wa.gov/) or on the Wellness At Your Side app.

**Note**: Employees are encouraged to participate in this challenge during work breaks or outside of work hours.

**SOURCE**

Mayo Clinic: “[Water: How much should you drink every day?”](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256)

Centers for Disease Control and Prevention: “Rethink Your Drink”