



## 2022 Summer Wellness “Water Works” Challenge

Just for fun & fitness too

Join this Challenge designed for you

Increase your fitness and increase your fun

Taking pictures “Flat Stanley” style on the run

Bring along your Wellness@Dickinson Water Bottle as you go

Around the world, the block or anywhere you know

Fill it with water (the best beverage of all)

Snap a photo and post on your (digital) wall

Share with us by adding the tag

**#WellnessWaterWorks @DickinsonCol @DickinsonHR** – and then brag

Don’t be bashful or at all coy...

Let us know how much you enjoy

Traveling to places both near and far

By plane, train, boat or by car!

This summer **#WellnessWaterWorks** Challenge is just for fun

Join us now through August 31

Post and share your special photos for all to see

And --- we will all have fun worldwide as a global community!

## **WellnessWaterWorks Challenge Rules**

***Friday, July 15 through Wednesday, August 31***

***The goal for the Challenge is to encourage and increase water consumption to 64 oz. per day – a healthy habit!***

- Fill your **Wellness@Dickinson** Water Bottle (24 ounces) 3 times each day and drink to meet and exceed the water consumption goal!
- Take your water bottle with you as you travel around
- Snap a photo (selfie or otherwise) and share with us – on Twitter, Instagram, Facebook –

**#WellnessWaterWorks @DickinsonCol @DickinsonHR**

- There will be two random prize drawings
  - Favorite **#WellnessWaterWorks** Challenge Photo(s)
  - 64 oz per day **#WellnessWaterWorks** Challenge

**Note: If you do not have a Wellness@Dickinson Water Bottle – please contact Human Resource Services. We have a limited supply available for this Challenge!**