

Join us for the

Just Add Water! challenge

Share your wellness journey on the Schurz Choice Facebook page for the Just Add Water Challenge! Start by “Liking” the Schurz Choice Facebook page. Then post a photo, comment, or link to the page according to the weekly schedule below. Be sure to use the hashtag **#SchurzChoiceH2O**.

**Facebook.com/schurzchoice**

## GET SOCIAL: Facebook

### { Week 1 }

BYOB(ottle)! To kick this challenge off right, bring your own bottle. Take a picture of the container you’ll be using these next four weeks. Whether it’s plastic, glass, or stainless steel, we want to see what you’re sipping from. Post a photo on the Schurz Choice Facebook page!

### { Week 2 }

Are you ready to share your caffeine addiction with your co-workers? Use the chart from the weekly flyer and some Googling to figure out how many milligrams of caffeine you have every day. Post the amount to the Schurz Choice Facebook page.

### { Week 3 }

What did you pass up this week? Snap a photo of the tempting drink you turned down, and tell us what healthy choice you made instead. Maybe it was shying away from a can of Coca-Cola, selecting a kid-size drink instead of Supersizing it, or even just skipping the whipped topping on your Starbucks.

### { Week 4 }

It’s time to get serious! This week, take a picture of the nutritional information of your favorite kind of juice—either at home or at the grocery store. Post the picture, along with the number of calories and grams of sugar in one serving to the Schurz Choice Facebook page.



**#SchurzChoiceH2O**