

# Rethink Your Drink

## Healthy Drink Contest Guide

**Well Wisconsin Champions**, you can encourage participants to drink more water and consume less sugar during the Rethink Your Drink challenge by hosting a healthy drink contest as an **employer-sponsored activity**.

**How it works:** Ask participants to submit healthy beverage photos and recognize them for their creative hydration entries, using the following categories. Use our customizable healthy drink contest flyer to get employees involved.



### Contest categories:

- No added sugar
- Most creative combination
- Most refreshing winter choice
- Most likely to make a magazine cover

**Consider adding education:** Schedule a webinar or onsite presentation on hydrating healthfully through the new [Well Wisconsin presentation request form](#). Help employees discover why our bodies need water and why limiting caffeine is important. Get tips for staying hydrated and learn how check for signs of dehydration.

**Walk the talk:** Encourage leaders in your organization to get involved by participating in the contest and challenge.