

# WATER WORKS



**Your body is made up mostly of water. Staying well-hydrated helps regulate body temperature, transport nutrients to where they are needed and cushion your joints to prevent injury. Join this challenge to feel better and stay hydrated!**

Earn 1 point for each 8 ounce glass of water you drink each day. If your total points for the month are 100 or greater, you will earn a \$20 HRA contribution!

