



RETHINK *your*
DRINK

Take the 4-week Challenge!

AdvantageHealth.com

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Welcome to the Rethink Your Drink Challenge: 4-week Challenge!

During this challenge, you will track your current drinking habits for the first week to discover how healthy or unhealthy they are. Are you drinking more sugar and calories than you think? Most people are!

For the following three weeks, you will learn about the hidden calories and sugars in drinks and how to replace them with healthier drink options. You will be challenged to cut your sugary beverages in half for three weeks.

You will also learn simple recipes for making your own infused-water.

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

