

10 DAYS PHYSICAL HEALTH CHALLENGE PART TWO

January 10–13 (3) Days Water Challenge

Goal: Drink 8 glasses of water per day

Incentive: The participant with the highest water intake over 3 days will receive a prize

Why Water Matters

Water is essential for life and makes up about 50% of body weight in females and 60% in males.

Benefits of Drinking Water

- Boosts energy and physical performance
- Supports brain function and productivity
- Aids digestion and relieves constipation
- Helps with weight management and kidney health
- Prevents dehydration and headaches
- Regulates body temperature and provides electrolytes
- Protects organs, joints, and muscles
- Flushes toxins and supports immune health
- Improves mood and overall well-being