Are you up for

the Challenge?

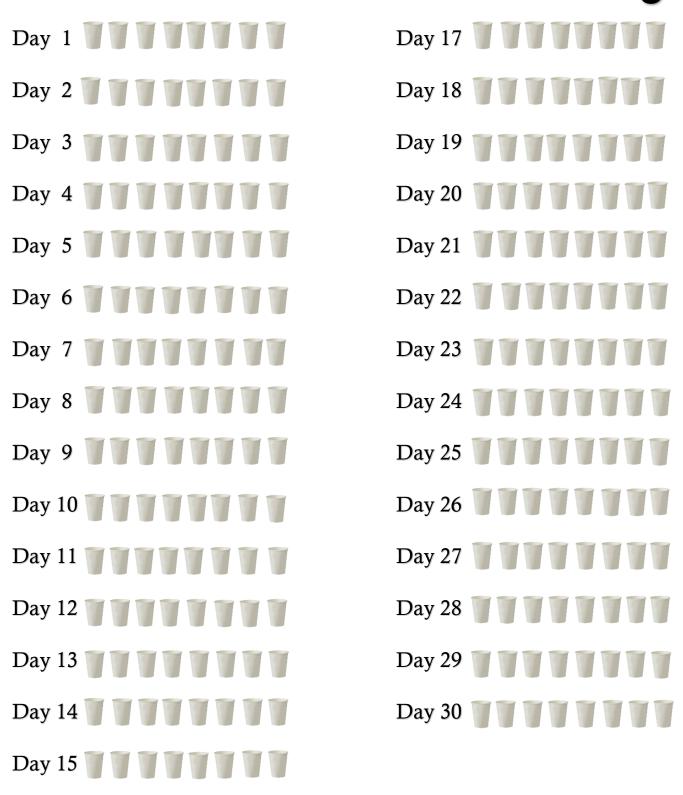
The Wellness Committee is Sponsoring a November Water Challenge

- Increase your metabolism
- Aid in weight loss
 - Flush out toxins
 - . Healthier skin

 - . Boost energy
 - . Relieve fatigue
 - Reduce risk of certain cancers

Each cup represents 8 oz. Your goal is to drink 8 glasses/day of water. At the end of the month turn your sheet in to the Student Life Office and each qualifying participant will receice a participation prize.

November Water Challenge



Name:_____

Dept.:

Day 16