



# KICK THE CAN CHALLENGE

## Kick sodas and sugary drinks to the curb.

Sodas can pack quite a punch. Are you ready to hit back? While eating healthy is important, so is drinking fluids that aren't full of sugar and empty calories. Research shows that drinking just one can of soda a day can lead to increased health risks. So it's time to kick those sodas and sugary drinks to the curb once and for all.\*



### CHALLENGE DATES:

**Sign-up:** 1/2/2018 - 1/30/2018

**Challenge Runs:** 1/16/2018 - 2/12/2018



### HOW IT WORKS:

Once you select **Let's Do This!** You will be prompted to Join A Team. Select your team based off your School name. Please **DO NOT** create a team.

Award yourself one challenge point for each day you avoid non-sugar-free or sugary beverages.

**The goal: reach 20 challenge points to earn 15 wellness program points.**



Register and track your progress on [www.aisdwellnessprogram.com](http://www.aisdwellnessprogram.com) or the Viverae® mobile app under the **Well-being** section.

\* Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

**Questions about this challenge  
or your wellness program? Call 888-  
VIVERAE (848-3723).**