

## OYOH Challenge Stats Including Non-website Users

| Challenge                | Registered Users | Non-web Users | Total Steps | Weight Loss  |
|--------------------------|------------------|---------------|-------------|--------------|
| Alexander v Monroe       | 249              | 475           | 150,648,084 |              |
| Bastrop v Tallulah       | 116              | 125           | 147,187,197 |              |
| Ville Platte v Opelousas | 141              | 72            | 69,294,265  |              |
| Monroe Staff             | 104              |               | 78,323,841  |              |
| Individual Steps         | 151              | 210           | 89,297,160  |              |
| Teams Steps              | 586              | 185           | 253,250,292 |              |
| Work Week Hustle         | 10               |               | 247,796     |              |
| Weight Loss Open Teams   | 984              |               |             | 1,386.7 lbs. |
| Individual Weight Loss   | 4,484            |               |             | 809.6 lbs.   |
| Merrydale v Woodlawn     | 1,200            |               | 5,911,248   |              |
|                          | 8,025            | 1,067         | 794,153,883 | 2,196.3      |



The human body is about **60 percent water**, which means it needs a lot of H<sub>2</sub>O to function properly. It might surprise you all the ways water can help you live healthier.

### Shed a Few Pounds

Drinking water, especially before eating, fills your stomach and can reduce your appetite, helping you consume less calories.

### Toxins Be Gone

Proper hydration is essential to flushing out those nasty toxins that accumulate inside your body. Leaving toxins to do their dirty work can wreak havoc on your health.

### Stay Awake

An early symptom of dehydration is fatigue. Adding more water to your diet can be a good way to increase your energy levels if you feel a bit sluggish.



### Move it Along

Keeping your body well hydrated aids in your body's digestive processes, and having a good digestive system is important to living a healthy lifestyle.

### Oh, the Possibilities

The health benefits of consuming your daily dose of H<sub>2</sub>O are numerous. So, drink up; it's good for you!

**NOW....**  
**GET TO STEPPIN'!**