

TEAMI 5 DAY

“water challenge”



teami

welcome

TO THE TEAMI COMMUNITEA!

Welcome to the Teami Communithea! My name is Adi Arezzini and I am the Co-Founder + CEO of Teami Blends! A few years ago I suffered from terrible digestive/stomach issues and that propelled me forward on the path of researching natural remedies, teas, herbs, and superfoods!



Teami began later 2013 in my bedroom....while I was still living with my mom! Starting from humble beginnings, each order that was placed on the website was packed with love and shipped by me to you! Fast forward to today, Teami has a beautiful HQ here in Tampa Bay, Florida and we have over 50 beautiful staff that help you achieve your inner wellness and outer beauty goals with our products!

I have a true passion for using natural, plant-based ingredients to help myself and the Teami communithea live happier, healthier lives!

P.S. Before starting teami I was a bootcamp instructor in the military for combat soldiers! After my service I became a Certified Personal Trainer from the National Academy of Sports Medicine! I also studied at the Integrative Institute of Nutrition and received my certification as a Certified Holistic Nutrition Coach. So you could say....I'm pretty passionate about wellness. :)

YOUR JOURNEY IS JUST BEGINNING!

A handwritten signature in black ink that reads "Adi" with a small heart symbol at the end.

CO-FOUNDER & CEO
[@ADIAREZZINI](#)

5 DAY WATER CHALLENGE



A few years ago I realized that i simply do NOT drink enough water throughout the day, which was causing me to unnecessarily drink coffee multiple times to increase my energy. Well....my energy did not increase and I was more dehydrated than before!

I started doing [research](#) on how much water people in America are drinking on average daily...and I was shocked!

“

On any given **day**, 76 percent of individuals age 2 years and over in the U.S. **drink** some plain **water**. The **average** daily intake is 3.9 cups **per** individual.”*

”

Health authorities commonly recommend eight 8-ounce glasses, which equals 2 liters or more per day.

The brutal truth is that most of us
ARE DEHYDRATED.

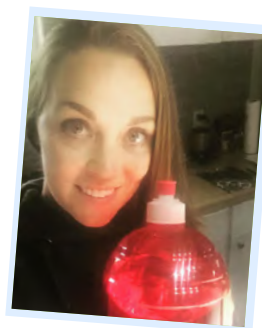
HERE ARE SOME OF THE SYMPTOMS THAT CAN OCCUR FROM LACK OF WATER INTAKE

- Low energy levels
- Exhaustion
- Brain Fog
- Headaches / Migraines
- Overeating / Snacking when not hungry
- Increased cravings for sugary / salty foods

It is so important to make your water intake a HEALTHY HABIT, which is why I created our 5 DAY WATER CHALLENGE!

Let's get started!

[@TEAMBLEND](#)S + [#THANKYOUTEAM](#)I + [#TEAMIWATERCHALLENGE](#)



BENEFITS OF DRINKING WATER

Have you heard most female celebs claim that their #1 beauty tip is to drink a glass of water in the morning before they do anything else?

Well, it's because it's true!!

Drinking water has endless benefits...and it is one of the most simple ways of staying healthy from the inside, out!

Here are some great benefits of drinking water:



- ✓ Improve natural energy levels
- ✓ Water aids performance while exercising
- ✓ Hydration supports healthy digestion
- ✓ Boost skin health and elasticity
- ✓ Decreased cravings

Remember, your body is completely unique to YOU! This is your own journey so keep a mental log or journal how you feel every day after drinking your water!

What changes do you feel?



HOW THE CHALLENGE WORKS

CHALLENGE PURPOSE:

To help you INTENTIONALLY drink more water for a 5 day period by joining this fun challenge and keeping yourself accountable! The long term purpose is to get you hooked on drinking water and staying hydrated becomes a new healthy habit for you!

THE CHALLENGE:

Drink ½ gallon to 1 gallon of water per day!

It is your choice which amount you choose! (I personally do the gallon, but if you feel that you want to start with the ½ gallon and then increase from there - go ahead! This is YOUR challenge!)

CHALLENGE GUIDELINES:

Choose your start day - we like to do Monday to Friday because it is easy to keep track of!

Get prepped: I like to have a BPA free ½ gallon or 1 gallon jug with me at my desk at work to help me keep track of my water intake. I fill it up every morning and then I know exactly what I need to get through!



Here are the links to the ones you can get on Amazon!

[1/2 GALLON JUG](#) | [1 GALLON JUG](#)

You can also measure out your water intake by using your Teami Tumbler! If you have our 20oz tumbler, refill your tumbler 7 times and you'll have drunk a liter of water!

tip #1

If you are using a ½ gallon or 1 gallon jug, it can be hard to drink from the actual jug. I have a mug, cup or tumbler next to me and I fill it up from the jug. When I am working I see the full mug of water and down the entire thing... or most of it! Then I refill it immediately. This helps mentally see the water go down in the jug and I feel like I'm winning! Every time I get on a phone call, I drink water! I make it a game!

Drink 10 gulps of water every time you drink!
Sipping slowly and unintentionally will not help you with your goal!

tip #2

tip #3

It's a challenge- have fun with it! Post on your social media and stories and tag us! You will inspire so many people in your life to do the free 5 day water challenge by leading by example! Tag @teamiblends #teamiwaterchallenge

5 DAY WATER CHALLENGE CALENDAR

TEAMI 5 DAY

“water challenge”

| DAY 1 Water Check-in! | DAY 2 Water Check-in! | DAY 3 Water Check-in! | DAY 4 Water Check-in! | DAY 5 Water Check-in! |
|---|---|---|---|---|
| <p>How much water did you drink today?</p> <p><input type="checkbox"/> 1/2 gallon</p> <p><input type="checkbox"/> 1 gallon</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>How much water did you drink today?</p> <p><input type="checkbox"/> 1/2 gallon</p> <p><input type="checkbox"/> 1 gallon</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>How much water did you drink today?</p> <p><input type="checkbox"/> 1/2 gallon</p> <p><input type="checkbox"/> 1 gallon</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>How much water did you drink today?</p> <p><input type="checkbox"/> 1/2 gallon</p> <p><input type="checkbox"/> 1 gallon</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>How much water did you drink today?</p> <p><input type="checkbox"/> 1/2 gallon</p> <p><input type="checkbox"/> 1 gallon</p> <p><input type="checkbox"/> _____</p> <p>Today I felt:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My goal for tomorrow is:</p> <p>_____</p> <p>_____</p> <p>_____</p> |

print me out!

DETOX WATER RECIPES

I highly recommend that you drink plain water throughout this challenge, but if you just can't bear it, here are some of my favorite fruit infused detox water recipes to give your water some natural flavor.





STRAWBERRY + MINT DETOX WATER

INGREDIENTS:

- 3-4 strawberries, quartered
- 5-6 mint leaves
- 1-2 cups of ice
- Water

INSTRUCTIONS:

Place washed, topped, and quartered strawberries in a jar. Add mint leaves. (Tip: Tear the mint leaves to let more of their flavor escape.) Add ice and water and chill in the refrigerator.

TROPICAL PINEAPPLE + ORANGE DETOX WATER

INGREDIENTS:

- 1 orange, sliced thin
- 1/2 cup pineapple, slice thin
- 2 cups of ice
- water

INSTRUCTIONS:

Place orange and pineapple slices in a large pitcher or jar. (Tip: Leave orange peels on for more flavor, but citrus peels may taste bitter after 4-5 hours.) Cover with ice and fill with water. Let sit in a refrigerator for one hour.



WATERMELON + MINT DETOX WATER

INGREDIENTS:

- Watermelon 🌿
- Mint 🌿
- Ice 🌿
- Water 🌿

INSTRUCTIONS:

De-stem your mint and cut up your watermelon . Place the watermelon and mint in pitcher or jar. (Tip: Tear the mint leaves to let more of their flavor escape.) Add ice and water and chill in the refrigerator



SUPER GREENS DETOX WATER

INGREDIENTS:

- 🌿 Basil
- 🌿 Mint
- 🌿 Sage

INSTRUCTIONS:

De-stem your sage, mint, and basil leaves. Put all leaves into your tumbler. Add water, let sit for 10 minutes and enjoy!



CITRUS OMBRE

INGREDIENTS:

- 🍋 Lemon
- 🍊 Orange
- 🍊 Blood orange
- 💧 Water

INSTRUCTIONS:

Cut up your lemon, orange and blood orange. Place in your tumbler. Add water, let sit for 10 minutes and enjoy!

BEAT THE BLOAT

INGREDIENTS:

- 1/2 lemon 🍋
- 1/2 grapefruit 🍊
- 1 tsp liquid stevia 🍯
- Sprinkle of cayenne pepper 🌶️
- Water 💧






INSTRUCTIONS:

Cut up your grapefruit & lemon. Stick them in the pitcher's strainer along with liquid stevia + cayenne pepper! Pour your cold water over it, filling the pitcher. Stick it in your fridge to have all week or enjoy right away!



JALAPENO PINEAPPLE MOCKTAIL

INGREDIENTS:

- Jalapeno 
- Pineapple 
- Mint 
- Lemon 
- Sparkling water 




INSTRUCTIONS:

Cut up your jalapenos and pineapples into pieces. Slice your lemon and de-stem your mint. Place all the ingredients in your pitcher and fill up with sparkling water.



PINEAPPLE DETOX WATER

INGREDIENTS:

-  Pineapple
-  Lemon
-  Lime
-  Parsley
-  Water

INSTRUCTIONS:

Juice 1 lime and slice your lemon and pineapple into wedges. Gather 2-3 parsley leaves and place all the ingredients in a jar or pitcher. Fill with water and let chill in the refrigerator for an hour or more.





TRIPLE BERRY DETOX WATER

INGREDIENTS:

- 🍃 Pomegranate seeds
- 🍃 Strawberries
- 🍃 Raspberries
- 🍃 Water

INSTRUCTIONS:

Cut strawberries in half. Place your strawberries, pomegranate seeds and raspberries in your tumbler. Add water, let sit for 10 minutes and enjoy!

LEMON, CUCUMBER BLUEBERRY DETOX WATER

INGREDIENTS:

- Lemon 🍃
- Cucumber 🍃
- Blueberry 🍃
- Water 🍃





INSTRUCTIONS:

Cut up your lemon & cucumber. Smash your blueberries to open them up. Place all ingredients in a jar or pitcher. Add water and refrigerate until cold.



ORANGE , VANILLA CINNAMON STICK DETOX WATER

INGREDIENTS:

- Orange 
- Vanilla bean 
- Cinnamon stick 
- Water 

INSTRUCTIONS:





Quarter 1/2 an orange. Chop 1" stick of vanilla bean. Place into a pitcher or jar.

Add a cinnamon stick and water. Let refrigerate until cold.



BERRY INTO YOU DETOX WATER

INGREDIENTS:

-  Raspberries
-  Lime
-  Chia seeds
-  Water

INSTRUCTIONS:

Put raspberries, sliced lime and chia seeds in your tumbler. Pour cold water on top, filling your tumbler. Let it infuse for 5-10 minutes and then enjoy!





IN YOUR PEELINGS DETOX WATER

INGREDIENTS:

- 🍋 Grapefruit
- 🍊 Orange
- 🌿 Rosemary sprigs
- 💧 Water

INSTRUCTIONS:

Cut up grapefruit and an orange. Place the ingredients in your tumbler. Add water, let sit for 10 minutes and enjoy!

MINT TO BE DETOX WATER

INGREDIENTS:

- 🍋 Lemon
- 🥒 Cucumber
- 🍷 Blueberry
- 💧 Water

INSTRUCTIONS:

Cut up watermelon and cucumber into slices. De-stem mint. Place the ingredients in your tumbler. Add water, let sit for 10 minutes and enjoy!



you did it!

I am so proud of you! It can be daunting to try new morning routines, new recipes and new habits, but you DID IT!

So, how do you feel?

Check-in with yourself and see if you saw any improvements.

ASK YOURSELF THESE QUESTIONS:

Did your mood change? _____

How were your energy levels? _____

Did you have less or more cravings? _____

How was your appetite? _____

Did you see any changes in your digestion? _____

Were there improvements in your skin complexion? _____

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share what changes you saw and felt!



CO-FOUNDER & CEO
[@ADIAREZZINI](#)

CHECK OUT OUR INNER WELLNESS LINE!

Are you ready for your next healthy wellness habit? You just slayed your 5 day water challenge and now your ready to add more simple, healthy habits to your routine!

TEAMI SUPERFOOD GREENS

16 Superfood Ingredients in 1 Scoop!



[LEARN MORE](#)

TEAMI WELLNESS PROTEIN

Organic, Plant-Based, Rich Chocolate



[LEARN MORE](#)

TEAMI MATCHA TEA

Ceremonial Grade, 4 Flavors



[LEARN MORE](#)

TEAMI MIXIT

Glass Portable Smoothie Blender



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