



Smile Bright Challenge

Promote the daily habit of flossing alongside brushing for better oral health and a brighter smile.

CHALLENGE DESCRIPTION:

Take part in the Smile Bright Challenge and transform your dental health routine into a positive habit for your well-being! This challenge is not just about brushing your teeth, but emphasizes the crucial habit of flossing daily. Flossing is a key part in oral care. It removes plaque and food particles that a toothbrush can't reach and helps to prevent gum disease and cavities. It works quietly behind the scenes to ensure your smile is not just bright but healthy too.

WHAT ARE THE BENEFITS OF FLOSSING?

The benefits of flossing extend beyond oral health; it's linked to **decreasing the risk for heart disease** by reducing mouth bacteria that can cause inflammation throughout the body. Here are five key benefits:

1. **Removes Plaque:** Flossing helps remove plaque from between your teeth and along the gumline where a toothbrush can't reach.
2. **Prevents Cavities:** By removing food particles and plaque, flossing reduces the risk of tooth decay and cavities.
3. **Prevents Gum Disease:** Regular flossing helps prevent gingivitis, the early stage of gum disease, and can stop it from progressing to more serious conditions like periodontitis.
4. **Reduces Bad Breath:** Flossing removes food particles and bacteria that can cause bad breath.
5. **Improves Overall Health:** Good oral hygiene has been linked to a lower risk of other systemic conditions.

A clean mouth is a confident one, and that confidence can help to boost your mental health through all your daily interactions. The Smile Bright Challenge is a simple step with lasting long-term benefits and one that your future self (and your dentist) will thank you for!

SMILE BRIGHT

THE CHALLENGE

Check off all the days when you've flossed (either in the morning or before bed). Click the squares on the left side of each day, or print this out and fill them in by hand.



TIP: Keep your floss visible next to your toothpaste as a visual reminder.



Think about how a bright smile can make you feel more confident.



TIP: If you find traditional floss challenging, consider using floss picks.



Think about how great you will feel at your next dentist appointment.



TIP: If you find you are in too much of a rush in the morning, make flossing part of your bedtime routine instead.



TIP: If you struggle with gum disease or receding gums, water flossers can be very effective.



You did it! You are well on your way to forming a new healthy habit. Keep up the progress that you've made and look for new ways to challenge yourself further.

CHALLENGE COMPLETE!

Looking to challenge yourself further? Continue your Smile Bright Challenge for the rest of the month! The longer that you continue with it, the more of a habit that you will build. Combine your flossing with an electric toothbrush and mouthwash for the best hygiene.



Congratulations on completing the **Smile Bright** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

