

Small changes lead to big results



Welcome to Week 1 of the Healthy Lifestyle Challenge!

The first week is all about getting started. You don't need to overhaul your lifestyle overnight - lasting change begins with small, consistent choices that become habits over time.

Rather than aiming for perfection, focus on doing one or two healthy things every day. Go for a walk during your lunch break, drink a little more water, take the stairs or prepare a healthy meal. Every positive choice moves you closer to your goal.

Remember, this Challenge isn't about competing with others. It's about becoming a healthier version of yourself.

The Society offers several screening tests to help identify any health concerns, which are then easier to treat. Take advantage of these health screenings, available from any Network pharmacy (to avoid co-payments), to get a baseline indication of your health:



Blood sugar



Blood pressure



Cholesterol



BMI calculation



Bone density scan for over 50's



HEALTHY HABIT OF THE WEEK

Move your body for at least 20–30 minutes on most days this week. A brisk walk, dancing, gardening or a gym session all count.



Did you know?



- Sitting for more than 30 minutes at a time can slow your metabolism? Stand up and stretch regularly.
- Just 30 minutes of brisk walking a day can reduce your risk of heart disease by up to 30%?
- Strength training twice a week helps maintain muscle mass and bone health as you age?
- Dancing, gardening or even cleaning counts as physical activity? Every move matters!
- Regular exercise releases endorphins — your brain's natural "feel-good" chemicals?

QUICK HEALTH FACT

Just 30 minutes of moderate physical activity most days of the week can improve heart health, boost your mood, increase energy levels and reduce your risk of chronic diseases.

Community Corner

Join a walk or activity with friends, family or colleagues this week and get to know them better while taking a step towards better health.



5 SMART FOOD SWAPS

These simple changes to your diet can make a big difference



White sauce



Homemade tomato sauce

Tomatoes contain vitamin C and lycopene, which helps decrease free radicals (a possible cause of cancer) in the body.

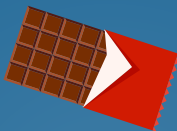


Mayonnaise



Greek yoghurt

Greek yoghurt contains flora (for a healthy colon), protein and calcium.



Milk chocolate



Dark chocolate

Dark chocolate is rich in cocoa, which has anti-inflammatory benefits.



Sugar



Cinnamon

Cinnamon contains antioxidants, which protect the body from free radicals.



Ice cream



Frozen banana

Bananas are high in potassium, folate, vitamin C, fibre and vitamin B6, and free of cholesterol, fat and salt.



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Life Health Solutions



Participation in this health and wellness challenge is voluntary and undertaken at your own risk. The De Beers Benefit Society does not accept any responsibility or liability for injuries, illnesses or other health-related issues that may arise from participation. Members are encouraged to consult with a healthcare professional before making significant changes to their exercise or dietary routines.