



WEEK 1

Midweek motivation

Whether you've taken a lunchtime walk, tried a new form of movement or simply started thinking more about your health, you're already making progress. That's what this Challenge is about.

This week's focus is movement. You don't need a gym membership or hours of free time - just 20 to 30 minutes of activity on most days is enough to make a real difference to your heart health, energy and mood.

To help you keep the momentum going, we've put together **11 Top Tips for Fitness** - practical, easy-to-apply advice on everything from getting started to staying motivated for the long run.

11 TOP TIPS FOR FITNESS

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|  <p>1. Start small and make steady daily improvements.</p>  <p>2. Use positive and realistic affirmations and pictures to motivate yourself.</p>  <p>3. Take part in outdoor exercise. Fresh air, the scenery on a trail run or mountain-biking can boost your energy levels.</p>  <p>4. Track your activity in a fitness diary or an app to monitor your progress.</p>  <p>5. Get a workout partner; someone who will challenge you and thereby increase how long and hard you workout.</p>  <p>6. Don't binge-exercise. Doing so could demotivate you and cause injury. Rather start with simple activities that you enjoy and realise that fitness is built over time and not overnight.</p>  <p>7. Enlisting the help of a personal trainer could increase motivation. They'll supervise and ensure you're using the correct technique to prevent injuries and ensure good results.</p> |  <p>8. Nutrition plays a major role: a six pack is made in the kitchen, not the gym. Consider keeping a food diary to track how certain meals impact your performance.</p>  <p>9. Sleep is a vital aspect of a healthy, balanced lifestyle. Ensure you get 6-8 hours per night.</p>  <p>10. See fitness as a journey. Be kind to yourself and reward yourself for small improvements.</p>  <p>11. A post-workout cool-down can leave the impression that a workout wasn't as tough as originally expected - this is a better mindset for getting back to the grind the next day. Perform static stretches with 20- to 30-second holds.</p> |
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*Keep it simple, keep it consistent,
and remember - every bit of movement counts.*

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.