



WEEK 2

Midweek motivation



EXERCISE IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO FOR YOUR HEALTH

It's in our nature to move our bodies, and yet exercise can often feel difficult to do. Tap into your inner kid by injecting joy and fun into your daily activities. Your body (and mind) will thank you.

You've heard it before and you'll hear it again: exercise is one of the most important things that you can do for your health. Regular exercise reduces your risk of disease, improves your mood and energy levels, adds years to your life (while ageing gracefully at the same time) and more.

So why is it so hard to do?

Many people see exercise as a chore; a slog of sweat and boring, repetitive movement. But what if we told you that exercise doesn't have to mean hitting the gym or clocking hours of kilometres on a treadmill?

Take a moment to consider children at play. What do you see? Energy, joy, movement, laughter and fun! By reframing the concept of exercise and with a few lifestyle tweaks, you too can find major fun in daily movement.

One of the best ways to up your daily activity is not by necessarily hitting the gym, but rather by increasing your NEAT: non-exercise activity thermogenesis. NEAT is all the energy you burn while awake from walking around, doing housework, chasing kids – even jiggling your leg under the desk. By consciously increasing your NEAT, you're increasing your daily activity and can even have fun while doing it.

Try some of these ideas:

DANCE IT OUT: Put on your favourite music and dance for 30 minutes to boost your mood, reduce stress, and stay active.

FIND A BUDDY: Walk with a friend, colleague, or your dog to make exercise more enjoyable and stay accountable.

MAKE IT FUN: Choose activities you enjoy, whether it's hiking, yoga, dancing, or a social sport. Movement doesn't have to mean the gym.

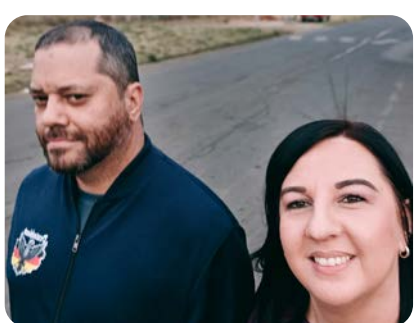
TAKE MOVEMENT BREAKS: Set aside 20 minutes a day to step away from your desk, clear your mind and get moving.

GET THE FAMILY INVOLVED: Play, walk, dance, or exercise together to stay active while spending quality time with loved ones.

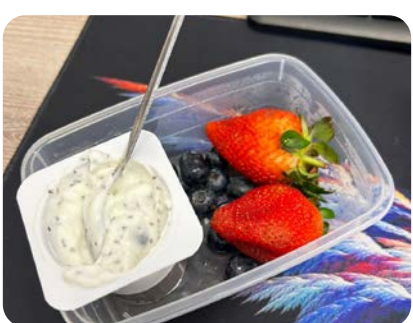


Community corner

Let us know how you're making exercise fun and not a chore.
Email your exercise ideas and pics to HLC@dbbs.co.za!



Challenge accepted! **Christine and Andrew** got moving with a brisk walk and smashed their 20-30 minutes of activity. Well done!



Healthy choices at the desk! **Tracey** kept her energy up with a nutritious afternoon snack. Great way to stay on track with the Challenge!



Verna took this week's challenge to the gym, putting in the work and making every workout count.



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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.

