

Fuel Your Body



Well done on completing your first week! By now, you've already started building healthy habits and routines. Are you tracking your progress on your Fitness Tracker? We caught up with two of this year's participants to find out what they're focusing on for the 2026 Challenge.



This year, my goal is to develop healthier eating habits, lose weight and become more active. I'm excited to take on the Challenge again, learn new healthy habits and see the positive results along the way! **Olivia Pietersen**

This year, I'm excited to challenge myself even further, continue learning throughout the journey, and celebrate the progress I make along the way. My goal by the end of the challenge is to become a stronger, healthier and more confident version of myself while continuing to prove that dedication, perseverance and consistency are the foundation of long-term success. **Cordellia Stewart**



In week 2, we're turning our attention to nutrition.

Healthy eating isn't about following strict diets or giving up the foods you enjoy. It's about making balanced choices most of the time, so your body has the fuel it needs to perform at its best.

Small changes - like adding more vegetables to your meals, drinking more water or preparing lunch at home - can make a big difference over time.



HEALTHY HABIT OF THE WEEK

Fill half your plate with vegetables at lunch and dinner whenever possible. Vegetables are packed with nutrients and fibre that help keep you fuller for longer.



Did you know?



- Eating a rainbow of fruits and vegetables gives you a wide range of vitamins and antioxidants.
- Skipping breakfast can lower your energy levels and concentration throughout the day.

Community Corner

Share your favourite healthy meal or recipe with your colleagues and inspire someone else to make a healthier choice today.



WEEK 2 CHALLENGE:

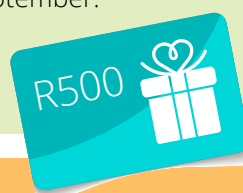
Fuel Your Body & Win!

R500 HEALTHY PLATE CHALLENGE

Think you've got what it takes to build a healthier plate?

- Fill half your plate with vegetables at lunch or dinner.
- Take a photo of you with your colourful meal.
- Submit your photo via email to HLC@dbbs.co.za by 11 September.

One lucky participant will win a R500 voucher!



QUICK HEALTH FACT

Eating enough fibre supports healthy digestion, helps control blood sugar levels and can reduce your risk of heart disease.



Have a look at our **Nutritional and Recipe Booklets** for recipe ideas and healthy eating habits.

FUEL YOUR SLEEP: How nutrition impacts your sleep



Better sleep starts with better nutrition. The foods you eat can influence how easily you fall asleep and how well you rest through the night.

Getting a good night's sleep isn't just about following a bedtime routine, it starts with what's on your plate. The food you eat plays a crucial role in sleep quality, influencing how easily you fall and stay asleep. By incorporating sleep-supporting nutrients into your diet, you can create the right conditions for deep, restorative sleep.

The connection between nutrition and sleep

Certain nutrients help regulate sleep by supporting melatonin production, calming the nervous system and promoting relaxation. But sleep and nutrition have a two-way relationship – what you eat affects your sleep, and how well you sleep impacts your metabolism, hormone regulation and even your food choices. Disrupted sleep cycles can interfere with how your body processes sugar, increasing the risk of insulin resistance, type 2 diabetes and unwanted weight gain. Lack of sleep may also lead to cravings for fast food or highly processed meals, often high in sugar and fat, as the body seeks to compensate for elevated stress hormones like cortisol.

HERE ARE THREE ESSENTIAL SLEEP-FRIENDLY NUTRIENTS AND WHERE TO FIND THEM:



TRYPTOPHAN: An amino acid that helps the body produce serotonin and melatonin, both essential for sleep. Found in foods like poultry, dairy, nuts and seeds.



MAGNESIUM: A mineral that relaxes muscles and supports deep sleep. Great sources include leafy greens, almonds, bananas and whole grains.



MELATONIN: A hormone that regulates the sleep-wake cycle (circadian rhythm). Naturally found in cherries, tomatoes and walnuts.

SIMPLE TIPS FOR BETTER SLEEP

In addition to a nutrient-rich diet, small changes can make a big difference in sleep quality:



Avoid caffeine in the afternoon and heavy meals close to bedtime.



Limit screen time and rather create a relaxing evening routine to wind down.



Stick to regular mealtimes. Your eating schedule affects your body's internal clock, including your sleep-wake cycle. Eating late at night or within two hours of bedtime can lead to restless sleep.



Stay hydrated but try to limit fluids late at night to avoid sleep disruptions.

Getting a good night's sleep is essential for overall health - your diet and daily routine play a key role in making it happen. By choosing sleep-friendly foods and mindful habits, you can set yourself up for more restful nights and energised days.



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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.