



WEEK 3

Midweek motivation

STAY HYDRATED

Hot weather means your body loses more water through sweat, so drink regularly, even if you don't feel thirsty.

Watch for these signs of dehydration

- Headaches
- Dizziness
- Poor concentration
- Fatigue

*Stay cool,
stay hydrated,
stay healthy.*

Stay hydrated



Aim for 1.5 to 2 litres of water daily or more if you're active.



Choose water, sparkling water, low-fat milk or fruit juice.



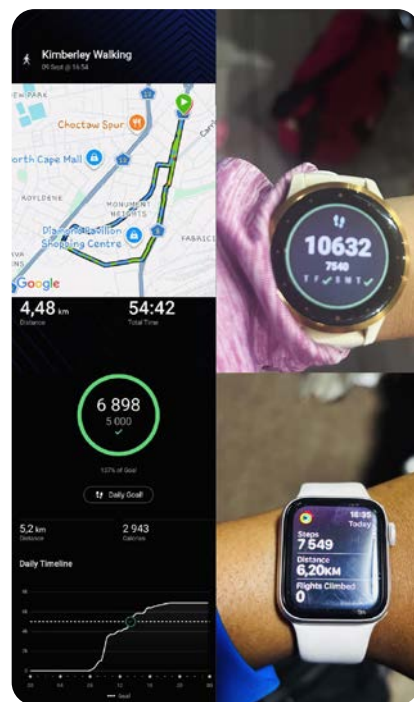
Add lemon, mint, cucumber or berries for flavour.



Eat water-rich foods like watermelon, oranges and cucumber.

Community corner

Well done to the Challenge participants who pounded the Kimberley pavements last week who reached their goal of collectively walking and running 15 000 steps - a fantastic achievement!



Congratulations to Diane Mushet, the winner of our Week 2 Healthy Plate Challenge!



R500



ARE YOU TAKING PART IN THE R500 HYDRATION CHALLENGE?

Ready to stay active and hydrated?

- Drink at least 6 to 8 glasses of water every day for 5 consecutive days.
- Take a photo of yourself doing any form of exercise while holding your water bottle (walking, jogging, cycling, gym workout, stretching, etc.).
- Submit your photo before by 18 September.

One lucky participant will win a R500 voucher!



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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.

Life Health Solutions