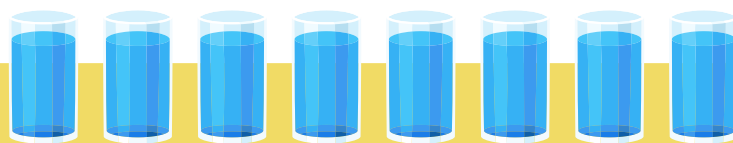


Hydrate Well



Water is essential for almost every function in your body. Staying hydrated helps regulate body temperature, transport nutrients, support digestion, lubricate joints, improve concentration and maintain energy levels. Even mild dehydration can affect your mood, focus and physical performance.

Daily Water Goals



Aim to drink 6–8 glasses (approximately 1.5–2 litres) of water each day. Your body may need more if you:

- Exercise or are physically active
- Spend time outdoors in hot weather
- Have a physically demanding job
- Are unwell with a fever, vomiting or diarrhoea

Remember, your hydration needs are unique - listen to your body's thirst cues.



Tips to increase your water intake



- Start your day with a glass of water.
- Carry a reusable water bottle wherever you go.
- Set reminders to drink water throughout the day.
- Add slices of lemon, cucumber, mint or berries for natural flavour.
- Drink a glass of water before each meal.
- Eat water-rich foods such as watermelon, oranges, strawberries, cucumber, lettuce and tomatoes.
- Alternate tea or coffee with water.
- Drink water before, during and after exercise.

WATCH OUT FOR THESE COMMON SIGNS OF DEHYDRATION:

- Dry mouth or lips
- Feeling thirsty
- Dark yellow or strong-smelling urine
- Passing urine less often than usual
- Headache
- Feeling tired or lacking energy
- Dizziness or light-headedness
- Difficulty concentrating

If you experience severe dizziness, confusion, fainting or are unable to keep fluids down, seek medical attention promptly.



Staying hydrated is one of the simplest ways to support your health. Make water your drink of choice and keep your body refreshed throughout the day!

WEEK 3 CHALLENGE:

Hydrate, Move & Win!

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!

Bonus points for creativity!

Show us how you stay active and hydrated at the same time.

REMEMBER: Water helps keep your body energised and supports your performance during exercise. Stay active, stay hydrated and stand a chance to win!



How to avoid BAD EATING HABITS AT WORK

EASY



Keep healthy snacks like fruit and nuts at your desk



Drink water regularly to stay hydrated

INTERMEDIATE



Get up and stretch your legs every hour.



Don't be tempted by in-office sweets and treats.

ADVANCED



Plan ahead and prepare home-made lunches.



Pay attention to why you are eating: are you really hungry?



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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.