

Rest, Recover & Recharge



Congratulations on reaching the halfway point of the Healthy Lifestyle Challenge!

Over the past few weeks, you've been moving more, eating better and building healthier habits. This week, we're focusing on something that's often overlooked but just as important: rest.

In a world that celebrates being busy, taking time to rest can feel like a luxury. But the truth is that quality sleep and recovery are essential for your physical health, mental wellbeing and overall performance. Your body needs time to repair, restore and recharge so you can show up as your best self.

Remember, healthy living isn't about doing more, it's about finding balance. This week, give yourself permission to slow down, unwind and listen to what your body needs.



HEALTHY HABIT OF THE WEEK

Aim for 7–9 hours of quality sleep each night and create a relaxing bedtime routine by switching off electronic devices at least 30 minutes before bed.



QUICK HEALTH FACT

Adults who consistently get enough quality sleep tend to have better concentration, stronger immune systems, improved mood and a lower risk of chronic health conditions.

Community Corner

How do you unwind after a busy day?

Whether it's reading a book, taking a walk, listening to music, stretching, gardening or simply enjoying a quiet cup of tea, we'd love to hear from you.

Share your favourite healthy way to relax. You may inspire a colleague to make rest a priority too!



WEEK 2 CHALLENGE:

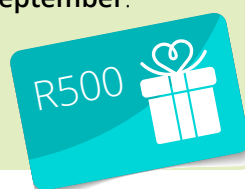
Rest, Recover & Win!

R500 REST & RECHARGE CHALLENGE

This week is all about prioritising rest and recovery. Better sleep helps improve energy, mood, concentration and overall wellbeing.

- Aim for **7 to 9 hours** of sleep each night.
- Take a photo of yourself enjoying a healthy way to relax and recharge, such as reading a book, practicing relaxation techniques, meditating, stretching, enjoying a quiet walk or preparing for bed.
- Include a brief description of your favourite way to unwind after a busy day.
- Submit your entry by **25 September**.

One lucky participant will win a R500 voucher!



HOW TO SLEEP YOURSELF YOUNG AND HEALTHY

We all know a good night's sleep puts a spring in our step, but how does it keep us young, and how can we sleep better?

Ask anyone how they're doing and the answer usually includes how busy and tired they are. As our to-do lists grow, sleep gets pushed further aside, at the cost of our wellbeing.



Why you should care about sleep quality



1. SLEEP MAKES US LOOK YOUNGER

It's called beauty sleep for good reason. While we sleep, our skin produces new collagen, meaning fewer lines and wrinkles. Getting only five hours' sleep rather than seven or more can double the number of fine lines. Blood supply to the skin also increases during sleep, giving us a more youthful, glowing complexion. Enough sleep also reduces puffiness and dark circles that can make us look older.



2. SLEEP HELPS WITH WEIGHT CONTROL

A healthy weight keeps us young. Researchers consider obesity a form of premature ageing, raising the risk of conditions typically seen in older people, including weakened immunity, decreased brain function, Type 2 diabetes, Alzheimer's, cardiovascular disease and cancer. Lack of sleep is linked to weight gain, likely because it disrupts appetite hormones and makes us eat more, and less likely to exercise.



3. SLEEP BEATS MENTAL FATIGUE AND BOOSTS MOOD

Constant overwhelm and exhaustion can signal mental fatigue, caused by the brain working too hard for too long, leading to stress, anxiety and burnout - the opposite of feeling young and energised. Enough sleep lets the brain rest, improving mood, focus, alertness and productivity.

GETTING A GOOD NIGHT'S SLEEP

Experts agree that healthy adults need seven to nine hours of uninterrupted sleep. If you're falling short, try these tips:



Make sleep a priority, even if it means trading social or work time for it.



Go to bed and wake at the same time daily, including weekends.



Disconnect from devices at least 30 minutes before bed.



Avoid exercise, caffeine and alcohol close to bedtime.



Keep your bedroom cool, ideally 15.6°C to 19.4°C.



Try relaxation techniques like meditation or mindful breathing before bed.



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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.