



WEEK 4

Midweek motivation

REST, RECOVER, RECHARGE

Recovery isn't only about sleep - what you eat plays a big role too. The right food helps your body repair, refuel and bounce back stronger.

To make this easier, we've put together a recipe booklet with simple, nourishing meal ideas designed to support rest and recovery. Whether you need a quick post-workout snack or a comforting dinner, there's something for everyone. Head to the [HLC webpage](#) to download your copy and start fuelling your recovery today.



Community corner

Thanks to everyone who has been submitting their pics of healthy meals. It's wonderful to see the effort being made to build healthier habits, one meal at a time.



A big splash of thanks to everyone who participated and shared their hydration pictures! Your commitment to staying hydrated has been inspiring.

Congratulations to Cordellia Stewart, our Hydration Challenge champion!

We asked participants to reflect on their progress so far and the feedback was very encouraging. Many reported making positive changes such as walking or exercising more regularly, drinking more water and choosing healthier meals. While some participants found challenges such as busy schedules, weather and staying motivated, the overall response showed that small, consistent changes are already making a difference.

Remember, healthy living is not about perfection. It's about making better choices each day and celebrating the progress you make along the way.



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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.

