



WEEK 5

Midweek motivation



This week, we've been focusing on something just as important as physical health: your mental wellbeing. Whether you've taken a few quiet minutes to breathe, stepped outside for some fresh air or simply reached out to someone you care about - every small moment counts.

Remember, looking after your mind isn't a nice-to-have, it's essential. So take a moment today to check in with yourself and don't forget there's still time to join this week's challenge below.

DON'T FORGET TO ENTER THIS WEEK'S CHALLENGE!

Healthy Mind Matters - Walk, Talk & Win

A short walk and good company can do wonders for your mental wellbeing — so grab a friend, colleague, family member or furry companion and get moving.

- Take a photo of yourself walking with a friend, colleague, family member or even your furry friend.
- Share your picture via email to HLC@dbbs.co.za by **Friday 2 October** and stand a chance to win a **R500 voucher!**



GOOD OR BAD? *Change the way you think*



STRESS IS BAD FOR YOU

A little bit of stress could boost your immune system.

Note: If you feel overwhelmed, you're experiencing too much stress.



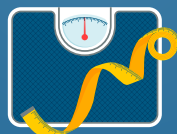
YOU MUST DRINK 8 GLASSES OF WATER A DAY

This is only an estimate:
If your urine is clear or light yellow, you're probably taking in enough fluids



CHOCOLATE IS BAD FOR YOU

Dark chocolate (>70%) contains more cocoa (the raw ingredient of the cocoa bean), which is an excellent source of antioxidants (contributing to a lower risk of heart disease)



YOUR BMI* SHOULD BE BETWEEN 18.5 AND 24.9

The amount of fat around your belly is a greater risk factor for cardiovascular disease (>80cm for females and >94cm for males indicate above average weight) *Body mass index



YOU MUST EAT LESS IF YOU WANT TO LOSE WEIGHT

It's not only how much you eat, but what you eat – weight gain is caused by foods rich in refined carbohydrates (for example, white bread and sugar)



Congratulations to **Tracey-Lee Masuaby**, the winner of our **Rest, Recover and Win challenge**. Tracey-Lee's favourite way to unwind is to get lost in a good book.



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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