



WEEK 6

Midweek motivation

We're into the second last week of the Healthy Lifestyle Challenge, and if there's one habit that ties everything together - movement, energy and sticking to your goals - it's what's on your plate. Good nutrition doesn't have to mean extra stress at the end of a long day. With a little planning, healthy eating becomes one less thing to think about, and one more habit that's easy to keep.

MASTERING MEAL PREP for a healthier lifestyle

Planning and preparing your meals in advance isn't just a time-saver - it's a game-changer for your wallet and your well-being and contributes to a healthier lifestyle.

Maintaining a balanced, healthy diet can be challenging. Meal prepping takes the worry out of your daily "what's for dinner" dilemma and helps you stay on track.



BRIGHTEN UP YOUR PLATE

Build meals around protein, resistant starches like brown rice, legumes and sweet potato, and plenty of fresh, colourful vegetables. A crunchy salad that preps well in advance makes an easy, nutritious lunch.



BATCH-COOK OVER THE WEEKEND

Busy weeks often lead to skipped meals or unhealthy shortcuts. Set aside time on weekends to batch-cook, so you're set up with healthy options all week.



CHOOSE HEALTHIER SWAPS

Cut back on mayonnaise-rich, cheese-heavy and overly saucy meals. Swap processed or smoked meats for healthier protein sources like boiled eggs, chicken breasts or legumes, and favour fresh ingredients over processed ones.



STAY DISCIPLINED, STAY CONSISTENT

Meal prepping supports real health goals – managing blood pressure, lowering cholesterol, improving body composition. Small, consistent changes to what you eat add up to lasting results.



MAKE IT A HABIT

Set aside time each week to plan a menu. The more you do it, the easier it gets – you'll learn what works, and common ingredients will become pantry staples.



HEALTHY DOESN'T MEAN BLAND

Keep meals simple enough to prepare without stress, but flavourful enough to enjoy. Good nutrition and good taste aren't mutually exclusive.

Elayne du Toit is the winner of the 'A Healthy Mind Matters' challenge. Elayne (in the blue jacket) completed the 10km Gun Run in Cape Town with her family. A fantastic achievement and a great way to stay active together.



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

Healthy Habit Hero & Win

- Share a photo of your healthy habit in action and
- Complete the sentence: "Thanks to the Healthy Lifestyle Challenge, I now..."
- 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