

Keep the Momentum Going



Congratulations! You've reached the final week of the 2026 Healthy Lifestyle Challenge!

Over the past seven weeks you've invested in yourself by making healthier choices, learning new habits and supporting one another along the way. While the challenge may be coming to an end, your healthy lifestyle journey is only just beginning.

Take a moment to reflect on everything you've achieved. Perhaps you're moving more, sleeping better, making healthier food choices or simply feeling more energised. These are all successes worth celebrating.



Ask yourself:

- What healthy habits have I enjoyed the most?
- What positive changes have I noticed?
- Which habits can I continue every day?
- What is my next health goal?

HEALTHY HABIT OF THE WEEK

Choose three healthy habits you've developed during the challenge and commit to continuing them over the coming months. Write them down and share them with a colleague, friend or family member to help keep yourself accountable.



QUICK HEALTH FACT

Research suggests that repeating healthy behaviours consistently over several weeks makes them more likely to become lasting habits, reducing the effort needed to maintain them over time.

Community Corner

SMALL STEPS, BIG WINS

Since the Challenge began, participants have been proving that you don't need a big overhaul to feel the benefit. Walking and regular exercise topped the list, with participants lacing up and getting moving. Drinking more water and taking the stairs (or finding other ways to move through the day) came next while in third place was choosing healthier meals. These are simple, everyday habits that fit easily into a busy day, and they add up. If you've started something that works for you, keep it going. Every walk, glass of water and flight of stairs counts. And if you haven't found your habit yet, it's not too late to pick one and join in!



TIPS TO STAY ON TRACK



Set one realistic health goal each month.



Keep moving every day, even if it's just a short walk.



Continue making balanced food choices.



Stay hydrated.



Prioritise quality sleep.



Find a friend or family member to help keep you motivated.



Celebrate your progress - every step counts!

PLEASE COMPLETE OUR SHORT HEALTHY LIFESTYLE CHALLENGE SURVEY!

Your feedback is invaluable and will help us make next year's challenge even more engaging, enjoyable and rewarding for everyone.

CLICK HERE
to complete
the survey



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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.