



WEEK 7

Congratulations!!



This is our final Challenge mailer. We hope you enjoyed the last seven weeks, made some healthier choices and built some new habits along the way.

Every walk, healthy meal, early night and word of encouragement counts. Taking part took commitment, and you should be proud of what you have achieved.

Last week, we asked you to complete the sentence:

Thanks to the Healthy Lifestyle Challenge, I now...

We received some very inspiring responses from participants who shared how the Challenge helped them adopt healthier habits, stay motivated, become more active and make better choices for their overall wellbeing.

The feedback we received shows that even small changes can have a meaningful impact when practiced consistently over time.

Thanks to the Healthy Lifestyle Challenge

I **now** push myself to become a better version of me. A stronger version of me, mentally, physically, emotionally and spiritually. How we choose to nourish our bodies and our minds makes a big difference. It's important to show up on days even when you feel like you don't want to. Do it for a healthier you.

Robyn Du Toit

Don't lose the momentum

The Challenge may be ending, but your healthy habits don't have to. The festive season is around the corner, and that is often when routines slip. Here are a few ideas to stay on track:



Keep moving. Go for a walk, a swim or a bike ride or join a friend or family member for a game outside.



Enjoy your festive meals but keep a balance. Fill your plate with vegetables and protein and drink plenty of water.



Protect your sleep and make time to rest.



Start small. One healthy choice a day is better than none.

The warmer weather also gives you more chances to be outside, so make the most of it.

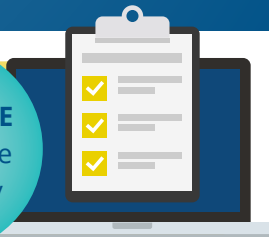
All the Challenge mailers, recipe booklets and other resources will stay on the website. Use them whenever you need a bit of inspiration.



TELL US WHAT YOU THINK

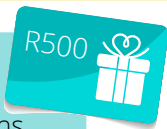
We'd really love your feedback. Please complete our short survey. It only takes a few minutes and will help us to plan future wellness initiatives.

CLICK HERE to complete the survey



FINAL WEEK WINNER

We did a random lucky draw for our final week. Congratulations to **Maurice van Haaster**, who wins a R500 voucher!



Thank you for taking part and keep building your healthy habits, one step at a time.



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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.