

Be the Brand



SEPTEMBER UPDATE — INCREASING STEPS

HOW DID YOU GO WITH AUGUST'S CHALLENGE?

Last month the focus was fruit intake. How did you go with your goal for the month? Hopefully you've started eating a bit more fruit and even tried some new fruits and added some variety!

SEPTEMBER CHALLENGE: HOW MANY DAYS CAN YOU ACHIEVE AT LEAST 7,500 STEPS?

Attached is your goal setting and tracking sheet for September. How many days will you aim to get at least 7,500 steps? What do you need to do to achieve this? Do you already achieve more than this? Why not set yourself another goal to add even more steps each day.

Use the calendar to record your goal and track your steps for the month. Make sure you keep it somewhere visible to keep you motivated for the month.

WHY STEP MORE?

By stepping more, we are increasing the time spent being physically active and reducing our sedentary or sitting time. Research shows that those who increase activity levels from nothing to something gain the most health benefits and the more active people become, the more health benefits will be gained. Just by walking more you can increase your fitness, strengthen bones, boost muscle power, reduce your risk of heart disease, diabetes and some cancers AND improve your mood, concentration and help manage stress and anxiety.

WHY 7,500?

We've chosen this target because we wanted a realistic and achievable target for most people (must have SMART goals). Of course, if you would like a bigger challenge, increase this to 10,000 or even more if you can achieve it.

TIPS TO BUMP UP YOUR STEPS

- ✓ If you're taking the bus, train or tram, get off a stop early.
- ✓ Park further from your destination.
- ✓ Activate your lunch — take 10 minutes to get out of the workplace for a quick lap around the block.
- ✓ Take the stairs.
- ✓ Be the messenger — Instead of emailing or calling a colleague walk over to their desk.
- ✓ Organise active catch-ups with friends and family — instead of dinner or lunch go for a walk.
- ✓ Make your shopping count — Walk down every aisle and take an extra lap to boost your steps.

JOIN THE SEPTEMBER CHALLENGE!

Run by Cerebral Palsy Alliance (AUS) and the Cerebral Palsy Society (NZ), the September charity event challenges people to take 10,000 steps a day for 28 days straight. You can join in a team with family and friends, log your progress online and you even get a free pedometer when you sign up! Go to the website to find out more:

<https://www.september.org.au/>

<https://www.september.org.nz/>

WELLNESS ACTIVITY IDEAS FOR SEPTEMBER

September is the month for bumping up your steps. Here's some ideas for activities you could do as a team or with family and friends:

- Join the September challenge together — see above.
- Set yourself a walk around Australia or New Zealand goal — each week track how far you've collectively walked around the country.

Whatever your September activities are, make sure you bump up your steps in a COVID safe way in line with your current local rules.

September 2020

FOCUS: Increasing Steps

CHALLENGE: How many days can you achieve at least 7,500 steps?



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SET A SMART GOAL FOR THE MONTH	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 SELF CARE: REVIEW Q3 GOALS & SET GOALS FOR Q4	29	30			

Share your wellness achievements with us!

EMAIL: AU-BETHEBRAND@JENNYCRAIG.COM.AU FACEBOOK: [FACEBOOK: FACEBOOK.COM/GROUPS/JENNYCRAIGOCEANIA](https://www.facebook.com/groups/jennycraigoceania)