

Be the Brand



MARCH UPDATE – PHYSICAL ACTIVITY

HOW DID YOU GO WITH FEBRUARY'S CHALLENGE?

Last month the focus was on vegetable intake. Did you manage to eat your 5 serves of veggies each day? Hopefully you had the chance to taste and try new veggies and even have a few new recipes up your sleeve.

MARCH CHALLENGE: HOW MANY DAYS CAN YOU GET IN 30 MINUTES OF PHYSICAL ACTIVITY?

Attached is your goal setting and tracking sheet for March. How many days will you aim to get in your 30 minutes of physical activity? What do you need to do to achieve this?

Use the calendar to plan your activity and record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

SHARE WITH US & WIN!

Post on the employee Facebook page or email us about the focus of the month and go into the draw to win our monthly wellness prize!

BENEFITS OF PHYSICAL ACTIVITY

Being physically active and reducing the amount of time you stay still is essential for your overall health and wellbeing. We all know that keeping active can help with maintaining a healthy weight, that's why we encourage our members to move more. But physical activity has many more benefits including:

- Reducing your risk of heart disease.
- Reducing the risk of type 2 diabetes.
- Maintaining or improving blood pressure, cholesterol and blood sugar levels.
- Reducing your risk of some cancers.
- Building strong muscles and bones.
- Providing opportunities to socialise with your friends and meet new people.
- Helping to create a healthy mind.
- Helping you to sleep better.

HOW MUCH EXERCISE DO I NEED?

The physical activity guidelines recommend we all aim for:

- At least 30 minutes of moderate intensity activity each day.
- Include 2 strength activities each week.
- Cut down on sitting time.

This may seem overwhelming if you are not currently active. But remember that any movement is better than none. Start where you are now and aim to increase your activity a little each day until you reach 30 mins. Already at 30min? Why not aim for a little more and focus on those strength activities such as squats, lunges or anything that makes you lift, carry or drag something.

TIPS FOR GETTING ACTIVE

Being March, we still have the benefit of longer daylight hours, but it also means it can still be quite hot as you get outside to be active. Here are our tips for getting your 30mins while keeping your cool:

- Pick your time – try get your workouts in during the morning or late evening when the temperature is cooler.
- Hit the water – a trip to the local pool, river or beach will surely cool you down. Make a day of it and go with friends, family or the kids and get everyone active.
- Stay hydrated – water is always important during physical activity and even more so when the temperature soars. Always carry a water bottle with you and take regular sips.
- Get active indoors – if you have a gym membership, take advantage of their cooling and fans. If not, then find a good workout or dance routine on YouTube and get moving in the comfort of your home.

WELLNESS ACTIVITY IDEAS FOR MARCH

Here's some ideas for activities you could do as a team or with family and friends:

- Have active catch ups with friends.
- Go for a team walk by meeting before work or during your lunch break.
- Have a walking meeting.
- Set a team challenge to add a bit of competition.

Please make sure any wellness activities you plan are carried out in a COVID-safe way.

March 2021

FOCUS: Physical Activity

CHALLENGE: How many days can you get in 30 minutes of activity?



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. REVIEW PROGRESS TOWARD YOUR GOAL	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.	31.			

Share your wellness achievements with us!

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