

Be the Brand



FEBRUARY UPDATE – PHYSICAL ACTIVITY

HAVE YOU SET YOUR GOALS FOR 2020?

January's challenge was to set one goal for food, activity and mind for the year ahead. How did you go with your goals? Are they SMART? Have you put them somewhere you can see them regularly to keep you motivated?

If you haven't set your goals yet, it's not too late. The goal setting sheet is saved in Centre Public: L:\Be The Brand\2020 Wellness Program\Monthly Goal Setting & Tracking Calendar

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

Attached is your goal setting and tracking sheet for February. 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.

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 February, the longer daylight hours are in our favour, but it also means it can be a little too hot to get moving. 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 FEBRUARY

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.

February 2020

FOCUS: Physical Activity

CHALLENGE: How many days can you do 30 minutes of physical 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 VALENTINES DAY	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Share your wellness achievements with us!

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