

Be the Brand



APRIL UPDATE – WATER

HOW DID YOU GO WITH MARCH'S CHALLENGE?

Last month the focus was on physical activity. How many days did you manage to get in 30 minutes? Hopefully you have been able to move more and are feeling all of the benefits!

APRIL CHALLENGE: SWAP SUGAR SWEETENED DRINKS FOR WATER & ACHIEVE 2L PER DAY.

Consuming additional energy from sugary beverages like soft drinks, energy drinks and other sugary drinks like iced teas and coffees, can contribute to weight gain and increase the risk of cardiovascular disease, as well as type 2 diabetes.

Swap sugary drinks for water and set yourself a goal for water intake for the month. Use the calendar to record your goal and track your progress. Don't forget to keep it visible to help keep you motivated

Did you know?

Water makes up approximately 60% of our body mass and about 80% of our brain!

WELLNESS ACTIVITY IDEAS FOR APRIL

Here are some ideas of activities you can do as a team or with family and friends:

- At dinner parties, gatherings or even team meetings, fill a large jug with water and infuse flavour by adding citrus and mint!
- Experiment adding different fruits to soda water. Start by trying adding frozen berries – a great refreshing drink!

THE IMPORTANCE OF WATER

Water is a vital nutrient for life and is essential for most of our body's functions.

- Supports metabolism
- Keeps you hydrated to help prevent headaches and boost energy levels
- Helps regulate blood pressure
- Cushions joints
- Less chance of developing kidney stones
- Keeps skin healthy and glowing
- Helps deliver oxygen throughout the body
- Regulates body temperature
- Aids digestion and helps prevent constipation
- Helps regulate appetite

TIPS TO INCREASE WATER INTAKE

1. Have water bottles in convenient spots where you are working, if you are not desk bound.
2. Have a water bottle to carry around with you when you are out and about.
3. Remind yourself to have a glass of water after each visit to the bathroom, to replenish your system!
4. Try adding fresh lemon, lime, mint or berries to your water to add some flavour.
5. Have a glass of water first thing in the morning, it's a great way to kick start your system!
6. Set an alarm on your mobile phone to remind yourself to drink water regularly, until you have established a habit of doing so.
7. Swap caffeinated teas for herbal teas

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

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

April 2021

FOCUS: Water intake

CHALLENGE: Swap sugar sweetened beverages for water & achieve 2L per day



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. GOOD FRIDAY	3.
4. EASTER SUNDAY	5. EASTER MONDAY	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. ANZAC DAY	26.	27.	28.	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)