

Be the Brand



JUNE UPDATE — SEDENTARY TIME

HOW DID YOU GO WITH MAY'S CHALLENGE?

Last month, the aim was to practice mindfulness daily for the month. Were you able to pay attention to the present moment in a way that allowed you to be aware of your internal and external experience? Did you find the time to practice some meditation in your day? Hopefully last month's focus helped to kick start your mindfulness journey!

JUNE CHALLENGE: ACTIVELY DO SOMETHING EVERY DAY TO BREAK UP YOUR SEDENTARY TIME.

Sitting or lying down (with the exception of sleeping), is what we call 'sedentary' time. You can be sedentary at work, at school, at home, when travelling or during leisure time.

This month, challenge yourself to actively break up sedentary time and incorporate more physical activity into each day. Use the attached calendar to set your goal and record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

WHAT ARE THE BENEFITS OF MOVING MORE?

- ✓ Reduced risk of cardiovascular disease, type 2 diabetes and some cancers.
- ✓ Helps maintain and improve blood pressure, cholesterol and blood sugar levels.
- ✓ Helps maintain a healthy weight
- ✓ Helps build strong muscles and bones.
- ✓ Helps to prevent and manage mental health problems.
- ✓ Helps to develop and maintain an overall physical and mental well-being.

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!

EASY WAYS TO BREAK UP SEDENTARY TIME:

Think about when and where you can be physically active. Making some small changes to your daily routine can make a big difference!

ACTIVE TRAVEL:

- For short trips, walk or cycle and leave the car at home. For longer trips, walk or cycle part of the way.
- Get off the bus one stop earlier and walk the rest of the way.
- Park further away from your destination and walk.

GET ACTIVE AT WORK:

- Leave your desk at lunch time and enjoy a short walk outside.
- Stand up and stretch to take a break from sitting.
- Stand while you are on the phone.

MAKE IT SOCIAL:

- Catch up with friends for a walk instead of sitting to chat.
- Plan outdoor activities like bike riding or cycling on weekends or after work.



55% OF AUSTRALIAN ADULTS & 49% OF NEW ZEALAND ADULTS DO NOT MEET THE PHYSICAL ACTIVITY GUIDELINES OF 30 MINUTES ON 5 OR MORE DAYS EACH WEEK

WELLNESS ACTIVITY IDEAS FOR JUNE

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

- Stand up and stretch each time you make a phone call. It's a great way to break up sedentary time.
- Organise a weekly walking group. Perhaps some of your members would also like to join?
- Block out 15 minutes of your day to stretch or practice some yoga as a group.

Please ensure your wellness activities are carried out in a COVID-safe way.

June 2021

FOCUS: Sedentary Time

CHALLENGE: Actively do something every day to break up your sedentary time.



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.			

Share your wellness achievements with us!

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