Week 9 &10 challenge:

Let's wrap this up!

Olá Nandocas,

We're at the **finish line of our 10-Week Consistency Challenge**, and what an incredible journey it has been!

Over the past ten weeks, you've worked on building healthier habits through hydration, balanced nutrition, movement, quality sleep, meal preparation, and stress management. Week 9 was all about bringing these habits together into a healthy lifestyle, and Week 10 is a chance to celebrate the progress you've made.

Reflect on Your Journey

Take a moment to look back on where you started and how far you've come. Your daily habits ended up shaping small changes! Keep the consistency going and see how easy it becomes to look after yourself.

Stand a Chance to win a Volcano Chroma Series Smartwatch.



To be eligible for this amazing prize, Nandocas should submit:

- A before photo (taken at the start of the challenge)
- An after photo (taken at the end of the challenge)

These photos help showcase the progress you've made throughout the challenge.

Photo guidelines:

The consistency challenge section on the Nando's Wellness Portal includes guidance on how to take your before-and-after photos correctly. Please refer to the portal before submitting to ensure your photos meet the requirements.

Submit your before-and-after photos on this WhatsApp number: 076 195 0678, and make sure to also include your name, surname and the casa you are based at together with the photos.

Submission Deadline is 28 October 2026. Late submissions will unfortunately not be considered for prize eligibility.

Thank you for showing up, supporting one another, and committing to your wellbeing over the past 10 weeks. We are incredibly proud of your effort and consistency.

Consistency pays!

Siya Phila
Firing up your wellness

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