Week 4 challenge:

Fuel your day with movement

Olá Nandocas,

Welcome to **Week 4 of our 10-Week Consistency Challenge!**

Last week, we added a little colour to our plates with veggies. This week, we're turning up the energy and getting moving.

Movement is one of the simplest ways to care for ourselves. It helps boost our mood, support our heart, build strength, and keep us feeling fired up for the day ahead.

However you choose to move, a little more movement each day can go a long way in helping you feel your best.

This Week's Challenge: Move a little more

A good guide is to aim for 20 to 30 minutes of movement each day, in whatever way works for you.

Simple ways to get moving:



Take a short walk during your lunch break



Try the beginner-friendly video on the Wellness Portal



Choose to take the stairs over the lift when you can



Start your day with a 5 to 10-minute stretch

Quick Check-In

Feeling a little stiff?
Low on energy?
Finding it hard to focus?

Your body might be asking for a little more movement.

Your mission this week:

Move your body every day and pay attention to how you feel. Maybe you notice more energy. Maybe your mood lifts.Maybe you simply feel stronger and more refreshed. Every step forward is worth celebrating.

Remember, lasting habits are built through small actions repeated consistently.

One day. One choice. One step at a time.

You've got this, Nandocas.

Siya Phila
Firing up your wellness

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