Week 5 challenge:

Rest up and recharge

Olá Nandocas,

Welcome to **Week 5 of our 10-Week Consistency Challenge!**

Last week we got moving. This week, we're slowing down and focusing on sleep, one of the most powerful (and overlooked) ingredients for our health, energy, and recovery.

As you continue with your movement goals, walking a little more, or simply looking after your wellbeing, sleep helps fuel your body, supports recovery, and keeps your mind sharp.

This Week's Challenge: Rest up and recharge

A simple guideline is to **aim for 7-9 hours of quality sleep a night**, with a consistent bedtime where possible.

Easy ways to improve your sleep this week:



Set a consistent bedtime and wake-up time



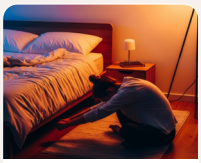
Limit screens for 30 minutes before bed



Keep your room cool, dark, and quiet



Avoid caffeine late in the day



Wind down with a relaxing routine before bed

Quick self-check:

Feeling tired during the day? Struggling to focus? Relying on caffeine to get through?

Your body could be asking for a little more sleep.

Your mission this week:

Prioritise your sleep every night this week and take note of how you feel. More energy, better focus, and improved recovery are all wins worth celebrating.

Remember, **big results come from small actions** repeated consistently. **Let's stay fired up**, keep showing up for ourselves, and take this challenge one meal, one day, one choice at a time.

You've got this, Nandocas.

Siya Phila
Firing up your wellness

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