

The Nando's 10-Week Consistency Challenge

Launching Now: The Consistency Challenge Starts 19 August!



Get ready! Our biggest **wellness challenge** yet kicks off on **19 August** and runs for **10 weeks**, ending on **28 October 2026**. This is about building healthy habits that last, one week at a time, wherever you are, no gym required.

How It Works

The challenge is **80% nutrition and 20% movement**, with a new focus every Wednesday

Week 1	Hydration	Week 6	Meal Preparation
Week 2	Protein	Week 7	Stress Management
Week 3	Vegetables	Week 8	Consistency
Week 4	Movement	Week 9	Healthy Lifestyle
Week 5	Sleep	Week 10	Celebration & Reflection

Movement made simple

You'll receive short, beginner-friendly movement videos via our Wellness Portal on WhatsApp (Menu Item 2) each week. No gym needed, just a willingness to get moving and build momentum over time.

Before & After

We'll guide you on taking your "before" photo in Week 1 and your "after" photo in Week 10, so you can celebrate how far you've come.

Why join?

Show up, engage, and stay consistent because Consistency Pays. The top engagers on the Wellness Hub and the most inspiring before-and-after transformations will be recognised at the end of the challenge. More details on the judging criteria will be shared closer to the time.

For more information, visit the **Siyaphila Wellness Hub**.

Show up, engage, and stay consistent because Consistency Pays.
Amazing prizes are up for grabs!

