Week 8 challenge:

You're 8 weeks strong

Olá Nandocas,

For eight weeks, you've been showing up for yourself through hydration, movement, nutritious choices, and healthier habits. That deserves a moment of celebration!

This week's focus is **consistency.** It's not about being perfect. It's about the small actions that add up over time.

Looking Back to Move Forward

Take a moment to reflect:

1. What feels easier now?
2. What do you need to work on a bit harder?
3. What are you most proud of?

If motivation is running low...

- Remember why you started.
- Notice one positive change since Week 1.
- Celebrate a small win.
- Recommit to one habit for the final two weeks.
- Lean on a fellow Nandoca for support.

You're almost there! Keep showing up, keep growing, and keep that flame burning.

And here's some extra motivation:

Apart from the personal benefits, we have some amazing prizes up for grabs! **Ten Nandocas** who have shown dedication throughout this 10-week challenge will each **win a Volcano Chroma Series Smartwatch.**



Want to win? Here's what to do:

1. Continue visiting the Consistency Challenge content on the Wellness Portal to demonstrate your commitment.
2. We'll soon share details on how to submit your before-and-after photos, which will help us identify the Nandocas who have achieved the most significant physical progress during the challenge.

Siya Phila

Firing up your wellness

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