

LifeTrack SHAPE challenge



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LifeTrack Shape Challenge: FIRST THINGS FIRST

One Sun Wellness congratulates you for signing up for the LifeTrack Shape Challenge. When you made the decision to improve your health, you ***put yourself 1st***. And this is the ***1st in a series of LifeTrack emails from LifeAssist.*** We plan to keep it as short and sweet as possible – giving you a taste of how we can support you and to stimulate your appetite for wellness.

If you are hungry for more advice, you can contact LifeAssist, or tuck in to the rich content on the One Sun Wellness website.

#myshapeplan #lifestyle #goals #action #progress

1st things 1st

Make a personal pledge.

Reinforce your commitment to yourself by writing your pledge on the back of your *LifeTrack Shape Challenge Chart*. You can read it whenever you measure up to confirm that you made the right decision, or to give you encouragement.

Reading your pledge aloud to yourself is GOOD, but reading it aloud to a Buddy is even BETTER!

Appoint a Buddy as a Cheerleader.

This is someone who will cheer you on (and it really helps to have someone take measurements for you too).

Ask your Buddy to witness to your Personal Pledge. This will keep you heading in the same direction and focused on the Finish Line.

Plot your journey.

Give yourself time to make Health a Habit. Treat this challenge as a marathon rather than a sprint. Your finish line is set for 28 or 29 September 2019, when LifeAssist will be in the Training Rooms 1 & 2 to do your LifeTrack Health Check re-assessment between 08:00 – 17:00.

The aim for this challenge is to shed centimeters, regulate your blood pressure and reduce your blood sugar levels.

It is important that you have the energy to go the distance. This means that you need the right fuel and exercise that will sculpt your shape, and give you the endurance and strength to burn it off (exercise).

You can choose your own health improvement plan, but it is best to get advice from a health professional. Check out your medical aid benefits. Sun International employees can ask for advice from a dietician or biokineticist.

My Wellness Passport records your personal Health Check. You have done the blood tests and measurements. Have you checked your **Lifestyle Indicators** and set your Personal Wellness Goals on pages 3 and 4? To achieve weight loss you need to deal with exercise, sleep, smoking (nicotine) and alcohol use and stress.

Track your progress.

How to use your *Shape Challenge Chart*:

1. Set the date for your monthly measurements – starting NOW as it is the **1st month** since your Health Check, and this is the right time to do your **1st measurements**.

How about making it the same day you did your Health Check? So if you tested on 28 March, then schedule your measurements for the 28th of each month until your next Health Check.

2. Enter this date on a Calendar for the next 5 months – you can set reminders on your Calendar App on your phone or computer, or simply write the reminder on a calendar at home.
3. You are in it to win it. It is helpful to keep your *LifeTrack Shape Challenge Chart* in sight where you will see it every day. Keep the *My Wellness Passport* and Tape Measure within reach.
4. Before you take your measurements, refer to your **Personal Pledge** on the back of your *Shape Challenge Chart* and review your **Personal Wellness Goals** in *My Wellness Passport* – change these as often as you like.

Tip: Use a pencil so that you can erase an achieved goal to make way for a new goal, or simply tick off your success.

Attached to this email are some Helpful Resources

#shapeyourplan

FOOD FOR THOUGHT: How you can lose weight by understanding your relationship with food, slowing down your eating pace and sleeping well.

INGREDIENTS OF A HEALTHY PANTRY: Guidelines for shopping with smart health choices in mind.