

# Human Resource Department: We CARE

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS



#StayWellStayStrong



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# Your Healthiest Self: Physical Well-being

## Physical Well-being

Being active during the COVID-19 pandemic is challenging for us all. But it is a critical time to ensure we all move more and sit less.

- Who said you cannot watch TV and be active? Follow the link and get fit in your living room  
<https://youtu.be/ugCBeZC91vM>
- Don't you have enough space to walk in and around your house? Follow the link and enjoy a Fun walk in your house

<https://www.facebook.com/100004990112366/posts/1019146368261691/?fnsn=scwshwa&extid=yvIOEyTzdgJ17zgP&d=w&vh=i>



# Your Healthiest Self: Physical Well-being

## Physical Well-being

### Nutrition

Maintaining a healthy diet is very important during the COVID-19 pandemic. While no foods or dietary supplements can prevent COVID-19 infection, maintaining a healthy diet is an important part of supporting a strong immune system.

#### Tips for a healthy diet:

- Eat a variety of foods
- Eat plenty of fruits and vegetables
- Watch your intake of fats, sugar, and salt
- Consume a diet rich in whole grains, nuts, and healthy fats
- Drink water regularly

#### Are you running out of ideas of what to cook?

Follow the link, download the app and start enjoy cooking again!

Mealime <https://mealime.com>



# Physical Well-being: **Bingo Activity**

Eat 2 Fruits daily	Walk 10 000 steps per day	Did a workout@home	Drink 6 Glasses of water per day
Do a 1 minute plank daily	Challenged someone to complete a wellness activity	Eat a Healthy breakfast daily	Only go to the grocer once a week
Do Meal planning once a week	Challenged a friend to join you for a workout with a WhatsApp call	Do 10 pushups daily	Take a 10 min break every 60-90 minutes while working
Did 10 squats while brushing your teeth	Eat a balanced meal daily	Did a workout while watching TV	Did the walking video