



YOUR FIRST EDITION OF BANKMED'S NEWSLETTER.



Welcome, to the very first edition of our Bankmed newsletter! Everything you need to know about your plan, benefits, wellness information, Balance updates, tips and how-to's and so much more is now all consolidated in one easy-to-read communication.

JUST FOR YOU THIS MONTH



Happy
Holidays

LET'S STAY CONNECTED THIS SUMMER

The festive season is here and many of us are planning a break before the start of 2023. We've put together some helpful information for you during the holidays.



FIVE OPTIONS FOR A FRESH, BALANCED **FITNESS** ROUTINE

A new season is the perfect time to dump the dull and draining workouts for a fresh and balanced fitness routine. After all, a healthy lifestyle is all about balance, which means ensuring your physical and mental wellbeing. Moving more improves both, and we have five ways to start you on the right track.

Several studies have shown that engaging in physical activity weekly can significantly lower your mortality risk. The recent [Small Steps, Strong Shield study](#), the only global study of its kind, was produced by Vitality and the Universities of Witwatersrand and Western Ontario. It showed that just one day a week of physical activity can lower your mortality risk by 35% and that physical activity protects even moderate exercisers from severe COVID 19 outcomes.

It's clear that exercise can build your immune system and even save your life. So what then deters us from engaging in physical activity? It appears that initiating exercise is the most challenging part - we have trouble starting. To help you, we've listed five ways to get started.



SET A REALISTIC GOAL

This applies to beginners and pros alike. Set an achievable goal that is suited to your fitness level. Figure out what exercise you can do, from a lunchtime walk to a 30 minute workout. You'll set yourself up for success and achieving this goal will inspire you to keep at it.



SET ASIDE EXERCISE TIME

You're more likely to get something done if you make the time to do it - so make time for exercise. Come up with an action plan: decide what exercise you will do when, where and how.

Think about obstacles that can crop up and plan for them. For example, if work calls and e-mails usually sidetrack you, block the time out in your calendar and turn off your alerts. Tell your colleagues you're on a workout break or have them join you.





JOIN A GYM

Joining a gym is a great resolution at any time of the year - not just on New Year's Day. A gym is the perfect place to focus and develop a fresh fitness routine. Plus being among other exercisers will inspire you to keep training while bringing out your competitive spirit, so you will reach your goals and keep on reaching them.

Balance members get 30% off their monthly gym membership fees at Virgin Active and Planet Fitness.



BANKMED MEMBERS CAN ACTIVATE BALANCE FOR AT NO COST TODAY!

With your new fitness routine, remember to maintain a healthy balance by getting proper rest, care, and nutrition. That's why being a Balance member is so great - we make it easy for you to live a balanced life with our [HealthyCare](#) and [HealthyFood](#) offerings. Plus, we reward you for living well!



TRACK YOUR PROGRESS USING TECHNOLOGY

Fitness devices and apps are great ways to keep track of your physical activity and help you meet your fitness goals. They also remind you to move when you've been inactive for too long. They track your sleep, steps, and workouts, increasing your goals as you get fitter and stronger with some even offering built in workouts that you can do anywhere, anytime!

Realise that your fitness journey is also a reward

At Bankmed, we know that it's challenging making healthy choices. So, we encourage you to activate Balance, our at no cost wellness programme that motivates you to live a healthier, more active lifestyle and rewards you for it.

Make a fresh start, [activate Balance today](#) and engage with it to start taking advantage of its many benefits.





MAKE MENTAL WELLBEING PART OF YOUR HOLISTIC APPROACH TO HEALTH



When you look after your body, you are able to ward off illness. The same goes for looking after your mind. Not taking care of your mental health could lead to the development of chronic illnesses such as diabetes, hypertension, anxiety, and depression, leaving you with long-term health damage.

Stress is a normal part of our daily lives. However, stress left unmanaged over time is damaging to our mental and physical health and can impact our families and work performance too. Given the enormous role our mental health plays in our ability to function, it's important to start nurturing our mental health.

Scientific research and data tell us that we are much more productive, effective, happy, healthy and joyful when we prioritise our own wellbeing. Here are a few simple things you can do to improve your mental wellbeing:

- 1 | Start with sleep. Poor sleep quality or too little sleep will have a detrimental impact on your overall health and wellbeing.
- 2 | Prioritise times to recharge - even if it is just 60 seconds during the day to get up and move, stretch, or write down something for which you are grateful.
- 3 | Make time to connect with people you enjoy and love, do some exercise, go for a walk or sit in your garden - just take a break for a moment.
- 4 | Breathe!
- 5 | Write down a list of micro-goals to help you focus on making small changes daily. Ultimately, small, regular changes result in changes to habits and changed habits can change our lives.

Bankmed offers its members a comprehensive Mental Wellbeing Assessment which includes:

- A psychological wellbeing assessment
- A social support assessment
- A stressor assessment

Simply log in to www.bankmed.co.za and click on 'Manage Your Plan' and then on 'Mental Wellbeing Assessment' to complete yours. And if you are a Balance member, you can earn a total of 1,000 points - 500 points each time you do the assessment up to twice a year.

Reference: [Arianna Huffington's Call To Action: We Need To Nurture Our Mental Health As We Look Toward A Post-Pandemic Future \(forbes.com\)](#)





AND BREATHE

As we head into the holiday season we hope you are able to slow down and take some time to relax. And while you have some downtime you can browse through our latest edition of *Bounce* magazine for some health insights and tips to guide you into 2023. May you and your loved ones have a rejuvenating festive season, a healthy and happy new year and as always... stay safe!



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