

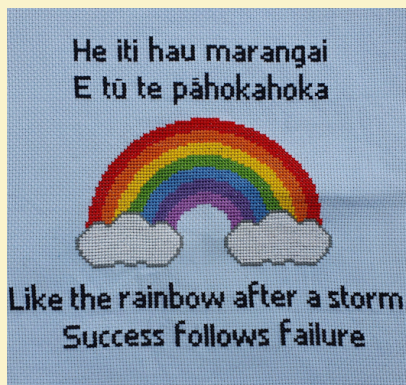


NEWSLETTER

18th April 2025



These two legends were cooking up a storm and keeping the whole crew well fed! They loved making all the tasty goodness, but let's be honest, eating it was the real highlight. Awesome work, boys we heard it was next level delicious! You should be super proud of yourselves! We wonder what you are going to make next.



Dom, PK, and Johno hit the road to Taupo for an epic weekend at the V8 Supercars! They had an absolute blast — met loads of drivers, stood on the podium, and soaked up all the action. Massive thanks to PK for making it all happen and taking the boys on such a legendary trip!



The kumara are out! The boys rolled up their sleeves, got their hands dirty, and pulled up the whole lot. They're off to be cured before making their way to the houses for everyone to enjoy. It was a real team effort — a few grumbles here and there, but the job got done!



WHATS ON

18th April – Easter Weekend
25th April – Anzac Weekend
26th April – David's Birthday
Wednesday of every month,
6pm Ukulele welcome to all at the
Old Post Office

Happy Easter



ENERGY FOR LIFE CHALLENGE – What's it all about?

The Energy for Life Challenge starts 12 May a fun interactive challenge created by workplace wellbeing using a web app to log/complete team/individual activities over the month to enhance wellbeing. The activities encompass the four areas of:

Energise Your body – Move more/Eat well

Energise Your Mind – Reduce stress, build focus, stay motivated

Energise Your Connections – Strengthen relationships and teamwork

Energise Your Life – Create better work/life balance to avoid burnout

Throughout the challenge you can earn daily points in each of the 4 areas by completing small activities (via the app) with types of activities to expect such as:

Energise Your body daily activities for points may include – Do a minimum 30 min exercise, Stretch in your workplace, Remove sugar, gluten, or dairy from your diet

Energise Your Mind daily activities may include – Mindfulness meditation, Remove digital devices for 2 hours or Find the good in things with gratitude

Energise Your Connections activities may include – Have a conversation with someone who energises you!, Pay 3 genuine compliments, Do something fun with a team member (head out for a coffee run/walk)

Energise Your Life activities may include – Write a fun list and then do something from your list, Do something that energises you (reading a book, taking time away from technology etc)

What else is included each week?

30-minute Webinars in each of the areas above (recording to access later if needed)

Connection to the Wellbeing Matters platform for the month to access over 200 resources including recipes, further webinars, and monthly wellbeing focuses such as financial wellbeing etc.

Weekly spot prizes!



Energy 4 Life Challenge

Starts 12 May

Win Spot Prizes Every Week!

Form a team with your friends, family or workmates and complete 4 weeks of wellbeing activities to help you to feel more energised. ...AND win prizes!

Energise Your Connections **Energise Your Life** **Energise Your Body** **Energise Your Mind**

- 01** Register your team using the QR code or email us on info@thewellbeingchallenge.co.nz for an invoice for larger teams
- 02** Form teams of 5 or play as an individual
- 03** Each week you will be notified about:
 - The focus for the week
 - Additional points earned for the weekly challenge focus area
 - A leaderboard update
- 04** Complete daily activities and get extra points for the weekly Challenge
- 05** Enter your activities into the web app and as a team, aim for the top of the leaderboard by completing more activities
- 06** Spot prizes for those doing exceptional things!

Results from previous challenges:

- 86% felt happier
- 79% were less stressed
- 100% learned what improved their wellbeing
- 64% felt more connected to others

Pricing:

Individual:	\$45
Team's of 5:	\$180

Promo Code for 40% discount
Northland40PC

www.thewellbeingchallenge.co.nz

The cost?

For our Northland contingent when you sign up - See poster attached with QR code please use code Northland40PC for 40% discount on the cost below 😊

Individuals (Discounted Northland price) - \$27

Teams of 5 – (Discounted Northland price) - \$108 (\$21 pp)

To enter your team/Individual Here

Note: Once registered you will receive onboarding details to join the app 1 week prior to the challenge.

