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# ENJOYING A HEALTHY FULFILLING LIFE

ENQUIRE | ENGAGE | ENABLE

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## ENQUIRE ENGAGE ENABLE

Lets change our mind set and work together

- What does wellness mean to you in the work place?
- Where do you want to make a change in your lifestyle?
- How can you individually and collectively effect positive change?
- Why does wellness matter? What's the value of a healthy work force?
- When would you like to see the impact of your action?

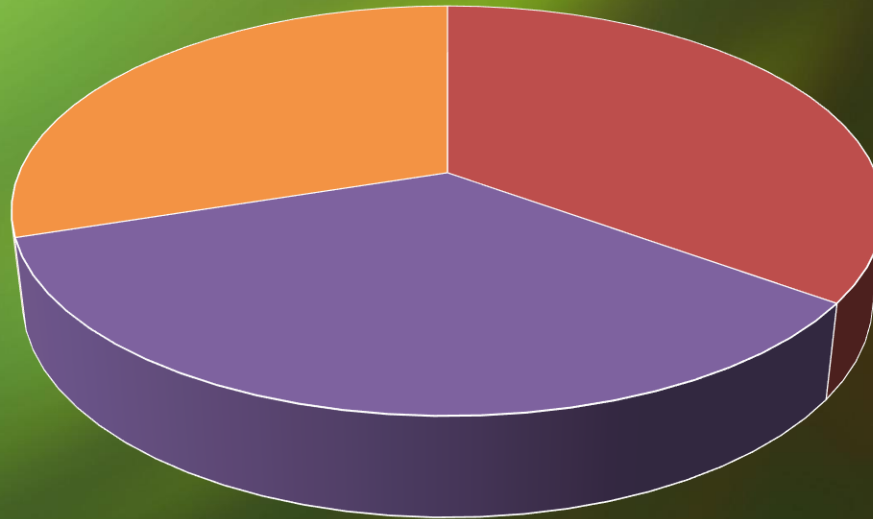




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## WORK LIFE BALANCE CHART



■ LIFE

35%

■ SLEEP

35%

■ WORK

30%



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ENJOYING  
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**Nurture** your body, mind and soul

**Act,** its your life, do the right thing

**Manage** and balance your lifestyle

**Practice** healthy activities

**Analyse** your habits by turning bad habits to good habits

**Know** your health status





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*“Enjoying a healthy fulfilling and productive life.”*  
*- Yvonne Busisiwe Kgame*





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