

# Health

## 80's Shake & Quiver

Join NHP in this laughter filled back to 80's challenge. Let's get our 80's inspired workout gear on, and work up a sweat.

10 lucky NHP members with a winning video or picture will stand a chance to win an NHP goodie hamper. We are looking forward to your participation and remember this 80's shake & quiver is about having Fun! So don't take yourself too seriously. If you are interested in participating see details below.

### Challenge Starts on 3 July till 3 August

Find a willing and enthusiastic partner, be it a friend, spouse, child, work colleague or even do this solo and give these fun fitness challenges a go! Set a timer and see who can complete the set first. All moves have to be done with correct form and technique (search the internet to ensure you are using the right form and technique to avoid injury).

- Burpees x 15
- Jump Squats x 20
- Tricep Dips x 20
- The Plank Hold for 20 seconds

Keep each other accountable and we encourage all participating members to post videos and photos. Please note that NHP will request for your permission to post selected pictures or videos on the Funds social media pages.

#### Reminder:

- Include 2- 4 Liters of water daily.
- Eat 3 - 5 portions of fruits and vegetables.
- Walk at least 8000 steps a day.
- Target for at least 8 hours restful sleep a night .
- Focus on creating healthy positive habits.
- Be grateful and find a reason to smile/laugh.
- Avoid negative talk about situations or others.

WhatsApp your participating photos, videos, stories to: 081 381 7081 during the duration of the challenge.

For queries: Call: 081 381 7081 or Email: [back2basics@nhp.com.na](mailto:back2basics@nhp.com.na)

