

TOTAL TURNAROUND

Forget the rest – be your OWN best



When setting the bar on wellness, it's hard not to draw comparisons, right? **Whether it's people you know or your favourite celebs, we all tend to measure ourselves against others.** Here at OMSMAF, we say it's time to forget the rest and be your own best. So, ask yourself: "What does better health mean to me?"



Maybe it's a little less backache and a bit more boogie

Breathing more easily on that last flight of stairs, becoming a mean green meal-prep machine, getting the doctor's go-ahead to reduce your medication or simply a more comfortable fit in that old pair of jeans. Whatever the case, your wellness journey is all about your experience. After all, only you can know what it's like to walk a mile – or just up the road – in your shoes.

Ready, set, goal!

So, are you ready to make a Total Turnaround? It all comes down to laying solid foundations that support you on your wellness journey rather than creating huge hurdles that may ultimately trip you up. Not sure how to start? No problem – we're here to help you start SMART:

SMART GOALS ARE:

SPECIFIC.

For example, if you want to be more active, set a specific goal, such as increasing your daily step count by 25%. Or, if you aim to lose weight, write down how many kilograms you would like to lose and by when.

MEASURABLE.

Make sure there is a way to measure your goal. Setting a target of how many steps you want to take, or the duration of your daily desk stretches makes monitoring your progress easier than simply saying you want to walk more or feel less stiff.

ATTAINABLE.

While it is good to challenge yourself, it's important for goals to be within reach so that they fit into your schedule. You also need to believe you can achieve your goals.

REALISTIC.

Don't set yourself up for failure by aiming for the impossible. For example, if you want to lose 20kg and keep the weight off, it's not going to happen in a fortnight, as any healthcare professional will tell you. Break it down into bite-size pieces that are realistic and attainable.

TRACKABLE.

Being able to track your progress will help you to see how far you've come and help you stay motivated. This also plays a part in setting the next goal once a milestone has been achieved. Keep track of your progress over time using an app or daily journal.

OMSMAF is here to help you make your Total Turnaround your way with tailored benefits and a holistic approach to your wellbeing.



DID YOU KNOW THAT OMSMAF OFFERS YOU A PERSONALISED NUTRITIONAL ASSESSMENT AND HEALTHY EATING PLAN?

This benefit entitles all beneficiaries of the Fund to professional advice from a registered dietitian who can help develop the perfect eating plan just for you. To speak to one of our friendly consultants about accessing this benefit, just call 0860 100 076.

If you haven't done so already, be sure to join our WhatsApp broadcast group by using the below QR code so we can keep bringing you the goods on making the most of your health and wellness.



LET'S DO THIS,
OMSMAF FAMILY!

CHAT SOON,
THE OMSMAF TEAM