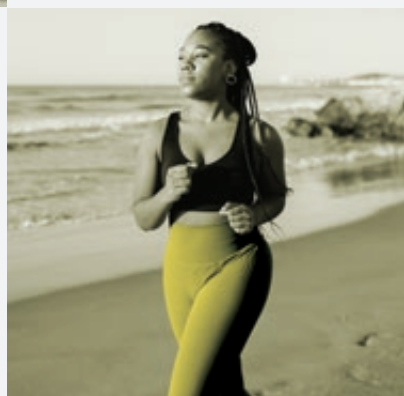
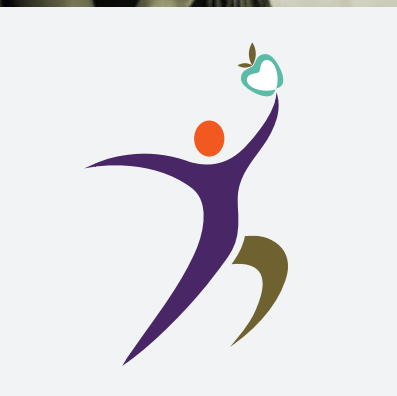
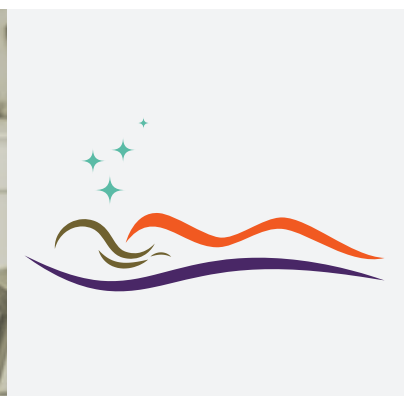


WHAT

Hollard.
health

LOVES YOU?





MESSAGE FROM OUR EMPLOYEE BENEFITS GENERAL MANAGER

Hello Fellow Movers!

We're so glad you joined us for our second annual Hollard Health Wellness Day!

After last year's success, we were thrilled to offer another day dedicated to getting you moving, tasting, learning, and relaxing—ultimately inspiring and energizing you. As the first health insurers in Mozambique to host events like these, we remain committed to emphasizing Wellness and Preventative Care.

This year's theme was "What Moves You?"—discovering what motivates you to get up each morning and guiding you on the path to your healthiest self. To help you uncover what truly inspires you, we lined up a variety of activities, challenges, and talks. We encouraged you to follow your heart and explore what resonates with your unique body, mind, and soul.

This day wasn't about how fit or healthy you are; it was about discovering what you enjoy and what drives you. By finding what moves you, you began a journey toward a healthier and happier you—a journey that will positively impact your family, friends, colleagues, and even our country and continent.

In this magazine, you'll find information about the activities and the instructors as well as delicious recipes, quick workouts and infographics to make sure that you continue to explore what moves you. You'll also find a Wellness Wheel designed for you to check in with yourself every six months. It will help you track your passions and seek more balance in your life.

The day was all about YOU. Whether you wanted to relax or try something new, thank you for keeping an open mind to discovering "What Moves You!"

If you have any feedback, don't hesitate to email me directly at BrunaQ@hollard.co.mz

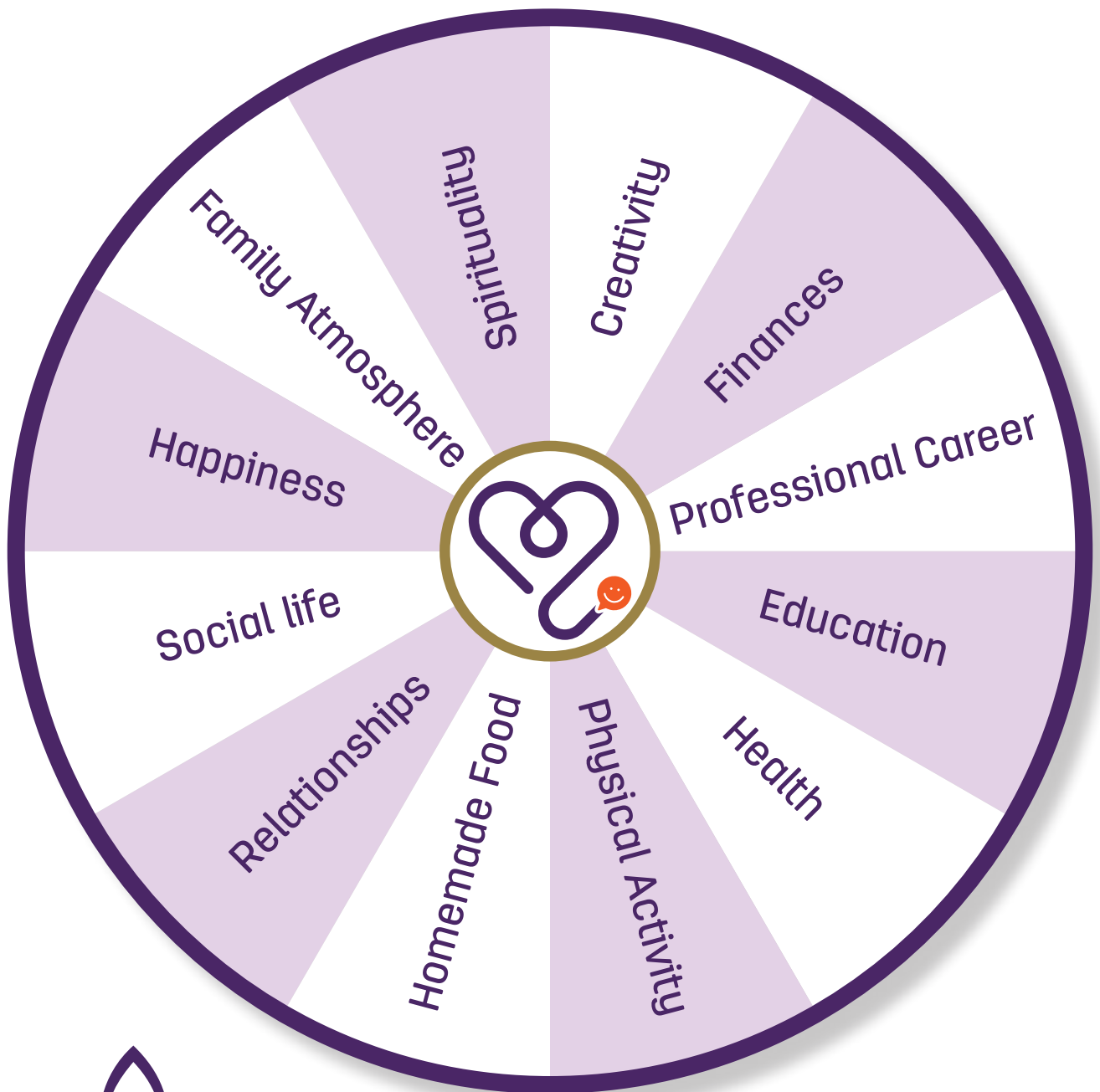
Let's keep moving!

Bruna

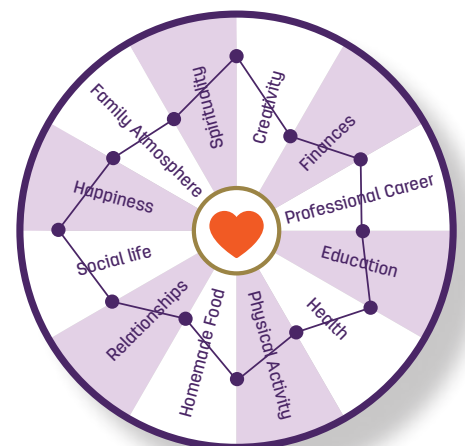


WHAT
 **OVES**
YOU?

Your Wellness Wheel



1. Join the dots to see where you are on your health journey – remember, every journey is unique!
2. Make your own mark, from near the middle if you think this element 'Could use some work' towards the outer edge if you know you are doing 'Great', and of course there are all the levels in between.





REBOUNDING



These benefits will make you want to jump up and start rethinking the way you work out!

1. **Boosts Cardiovascular Health:** Increases heart rate and improves circulation, supporting overall heart and lung function.
2. **Enhances Lymphatic System:** Stimulates lymphatic flow to help flush out toxins and boost immune function.
3. **Improves Balance and Coordination:** Engages stabilizing muscles to enhance balance and coordination, reducing fall risk.
4. **Strengthens Muscles and Bones:** Builds muscle strength and promotes bone density, reducing osteoporosis risk.
5. **Supports Weight Loss:** Burns calories and increases metabolism, aiding in weight management.
6. **Elevates Mental Health:** Releases endorphins to boost mood and reduce stress, alleviating anxiety and depression.
7. **Enhances Digestive Health:** Stimulates digestion and improves bowel movements, helping with constipation.
8. **Promotes Joint Health:** Low-impact exercise that is gentle on joints, beneficial for those with joint pain or arthritis.
9. **Increases Energy Levels:** Boosts overall vitality and reduces fatigue by improving blood flow and oxygen delivery.
10. **Improves Posture:** Strengthens core muscles and promotes better alignment, reducing back pain and improving posture.

Rebounding offers a range of benefits, making it a fun and effective addition to any fitness routine.



Daily Stretches for a Aligned Body

Kátia Ah-Hoy Bakarl

Incorporate these stretches into your daily routine for better alignment and increased flexibility. Your body will thank you!



CAT-COW STRETCH



Start in a four-point position with your hands aligned under your shoulders and your knees under your hips. Inhale as you gently arch your back, lifting your head and tailbone toward the ceiling (Cow position). Then exhale as you round your spine, tucking your chin and pelvis in (Cat position). Repeat this flow to promote spinal flexibility and alignment.

NECK STRETCH



Sit comfortably in a chair or on the floor with your back straight. Lean your head to one side, bringing your ear toward your shoulder while keeping the opposite shoulder relaxed. Hold this position for 20 to 30 seconds, then switch sides. This stretch helps relieve tension in the neck.

HAMSTRING STRETCH



Lie on your back with your legs extended. Raise one leg toward the ceiling, keeping it straight while holding the back of your thigh or calf with your hands. Keep the other leg flat on the ground. Hold for 20 to 30 seconds, then switch legs. This stretch is great for improving hamstring flexibility.

QUADRICEPS STRETCH



Stand tall and, if needed, hold onto a support for balance. Bend one knee, bringing your heel toward your glutes, and grasp your ankle with the hand on the same side. Keep your knees aligned and your hips slightly pushed forward. Hold for 20 to 30 seconds, then switch legs. This stretch effectively targets your quadriceps.



Heartbeat - who we are...



Dr. Richad Hassam



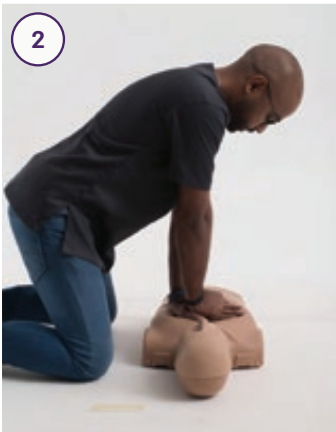
Dra. Afshan Tahibo

Heartbeat is a young Mozambican company based in the city of Maputo, created to provide training in First Aid. We are recognized for providing training based on the most up-to-date and effective techniques, adhering to internationally accepted Medical Emergency Guidelines.

Cardiopulmonary Resuscitation (CPR)

1. Position Your Hands:

Place the heel of one hand at the centre of the victim's chest. Place your other hand on top of the first, interlocking your fingers.



2. Perform Chest Compressions:

Compress the chest with force and speed, pushing down about 5-6 cm deep, at a rate of 100-120 compressions per minute.



3. Administer Rescue Breaths:

After 30 compressions, tilt the victim's head back, lift the chin, pinch the nose shut, and deliver 2 rescue breaths, watching for the chest to rise.



4. Continue Chest Compressions:

Resume chest compressions, maintaining the same depth and rhythm of 100-120 compressions per minute.





Tips for Effective Resuscitation:

- **Breathe Deeply:** Staying calm is essential for providing effective care and reducing anxiety.
- **Ensure Comfort:** Position yourself comfortably while kneeling beside the victim to apply compressions effectively.
- **Use Your Body Weight:** Rely on your body weight, not just your arm strength, to achieve adequate compression depth.
- **Keep the Rhythm:** Maintain a rhythm of 100-120 compressions per minute. You can use the song “Stayin’ Alive” by the Bee Gees as a guide.
- **Allow Full Chest Recoil:** After each compression, allow the victim’s chest to return completely to its original position before the next compression.
- **Monitor the Victim’s Breathing:** During rescue breaths, watch the chest rise visibly with each breath, indicating that air is entering the lungs.

Following these guidelines can significantly improve the effectiveness of CPR and increase the victim’s chances of survival until professional help arrives. Regular practice is essential to stay prepared for emergency situations.

PURE Recipes

PURE is a vibrant Mozambican company dedicated to nutrition and wellness. We offer convenient, nutritious, and delicious options to our clients. Our mission is to make healthy eating accessible to everyone, regardless of their lifestyle or dietary preferences.

Protein Balls

Ingredients:

- 2-3 pitted dates
- 2 tablespoons rolled oats
- 1 tablespoon tahini
- 1 tablespoon whey protein (optional)
- 1 tablespoon peanut butter
- 1 tablespoon mixed seeds (to taste)

Instructions:

In a bowl, combine chopped dates, oats, peanut butter, and the remaining ingredients. Mix well until smooth. If the mixture is too soft, add more oats. Roll into small balls and refrigerate.

Consume within 5 days.

NOTE: You can also add cocoa powder or chopped chocolate for extra flavour.



Almond Milk

Ingredients:

- 80g of soaked almonds (8 hours)
- 350ml of water
- Vanilla essence or almond extract

Instructions:

- Start by soaking the almonds with the skin on for 8 hours. Next, place the soaked almonds, water, and essence in a blender, blending for 3-5 minutes until you achieve a smooth liquid. Using a cloth, strain the mixture into a container. Store in a jar with a lid for up to 3 days.

Fit Petit Gateaux

Ingredients:

- 1 egg
- 25g dark chocolate (70% or higher)
- 1 tablespoon brown sugar
- 1 tablespoon rolled oat flour
- Vanilla essence or orange zest
- 1 square of chocolate (for the filling)

Instructions:

- Begin by melting the dark chocolate in the microwave and set aside. In a bowl, whisk together the egg, sugar, flour, and essence. Add the melted chocolate and mix well. Pour the mixture into two molds and place a square of chocolate in each. Cook in an air fryer for 2-3 minutes at 200°C. Make sure to preheat the air fryer beforehand.

These recipes from PURE are not just about health but also about satisfying your taste buds, making nutritious eating a delightful experience!



Recipes



Hummus

Ingredients

- 1 x 400 g tin of chickpeas
- 1 small clove of garlic
- 1 tablespoon tahini
- 1 lemon
- Extra virgin olive oil

Method:

1. Drain the chickpeas and place them into a food processor.
2. Peel and add the garlic, then include the tahini, a generous squeeze of lemon juice, and 1 tablespoon of oil.
3. Season with a pinch of sea salt, cover, and blend until smooth.
4. Use a spatula to scrape down the sides of the bowl, then blend again until the mixture is creamy.
5. Taste and adjust with more lemon juice or a splash of water if needed to reach your desired consistency.
6. Transfer the hummus to a serving bowl.

Enjoy it with sliced crunchy vegetables like carrots, cucumbers, radishes, or peppers, along with warm flatbreads.



5 Tips for a Non-Toxic Lifestyle



With widespread environmental and food toxins, chronic disease rates are rising. Here's how to reduce your exposure and boost your health:

1. **Exercise Regularly:** Boost circulation and support detox through sweating. Hydrate with filtered water to aid detoxification.
2. **Choose Organic:** Buy organic, unprocessed foods to avoid pesticides and toxins. Minimize processed, canned, and fried foods.
3. **Eat Detoxifying Foods:** Incorporate garlic, broccoli, and fiber-rich vegetables to support detoxification and regular bowel movements.
4. **Use Non-Toxic Products:** Opt for organic, chemical-free cleaning and personal care products to reduce chemical exposure.
5. **Check Toxicant Levels:** Consult a naturopathic physician if you suspect high toxin levels or impaired detoxification.

Implement these tips to decrease toxic exposure and enhance your body's natural detox processes. Always consult your doctor before making significant lifestyle changes.



Mindfulness and sleep

Tips For Staying Stable, Focused and Calm

- Choose healthy foods – fresh fruits, vegetables and whole foods
- Sleep well by following good sleep hygiene
- Breathe correctly – remember that when you inhale and exhale correctly your cells and brain get oxygenated
- Exercise – this will release toxins and tension that are trapped in the body
- Be conscious and remember your Essence – this will bring more self respect, self confidence and emotional stability



Glória Santos

Mindfulness and Raja Yoga
Teacher

Brahma Kumaris - Academy
for a Better World



How To Get The Best Sleep Of Your Life, Every Night

- **Move!:** Get some exercise every day. Even a 10 minute walk will do
- **Get some rays:** Make sure you get some sunlight each day, before 10am and after 3pm to avoid sun burn
- **Keep it cool and dark:** Keep your bedroom cool and make sure it's dark too (no heaters or lights)
- **Don't eat too much or too little:** Don't go to bed hungry and don't go to bed too full either, try to eat at least 3 hours before bedtime
- **Keep it regular:** Go to bed at the same time each night
- **No coffee after 12:** Don't have caffeine after midday
- **Go tech free:** Leave all digital devices outside of bedroom or far away from your bed . Don't use your phone as an alarm clock – go retro and get an old-school alarm clock for next to your bed.



15 Minute Meditation

(To Do Every Day)

- Sit comfortably
- Become aware of your breathing
- Inhale deeply, exhale deeply
- Become aware of the sensations in your body
- Observe your mind without judgement – watch your thoughts float by like clouds in the sky
- Listen to the sounds outside, but without connecting with any of the sounds
- Connect with your inner self, your inner silence, your inner space
- Appreciate the present moment
- Feel the inner peace, that you are
- You are a being of peace!





Essential Oils 101: Beginner's Guide

Can essential oils improve your health and enhance your life? They've certainly transformed ours! From a relaxing Lavender bedtime routine to a fresh Lemon-scented kitchen, we have the tips you need to start using essential oils effectively.

What Are Essential Oils?

Essential oils are aromatic compounds extracted from plants—flowers, peels, barks, and resins—using methods like cold pressing and steam distillation.

How to Use Essential Oils:

1. **Aromatically:** Use diffusers to infuse the air with your favorite scents, enhancing your environment. Add oils to cleaning products and beauty staples for added freshness.
2. **Topically:** Apply oils directly to the skin or mix with a carrier oil or moisturizer.

Essential Oils to Start With:



Lavendar:

Known for its calming floral aroma. Diffuse at bedtime, mix with lotion for a youthful glow, or create a Lavender-oatmeal bath soak.



Peppermint:

Offers a refreshing, minty scent. Add to DIY cleaners, diffuse with citrus oils, or apply diluted to muscles for a cooling effect.



Lemon:

A bright, uplifting scent ideal for cleaning and freshening up spaces. Use in a cotton ball for cars and rubbish bins, or diffuse to enhance focus and atmosphere.



Monica Kangy

Beauty Tips and Tricks

Nighttime Skincare:

Essential Tips for Radiant Skin

Did you know that nighttime skincare routines can enhance the effectiveness of many aesthetic treatments? During the night, cell metabolism is more active, making your skin more receptive to absorbing nutrients and other beneficial ingredients from your products.

Here's a step-by-step guide for your nighttime skincare routine:

1. **Cleanse Your Skin:** Start with a thorough cleansing.
2. **Remove Makeup:** After using a makeup remover, cleanse your face with a facial soap.
3. **Hydrate Your Face:** Apply a hydrating moisturizer.
4. **Eye Cream:** Gently apply eye cream to target delicate areas.
5. **Night Serum or Mask:** Finish with a nourishing serum or overnight mask.

The Secret to Healthy Skin: Sunscreen

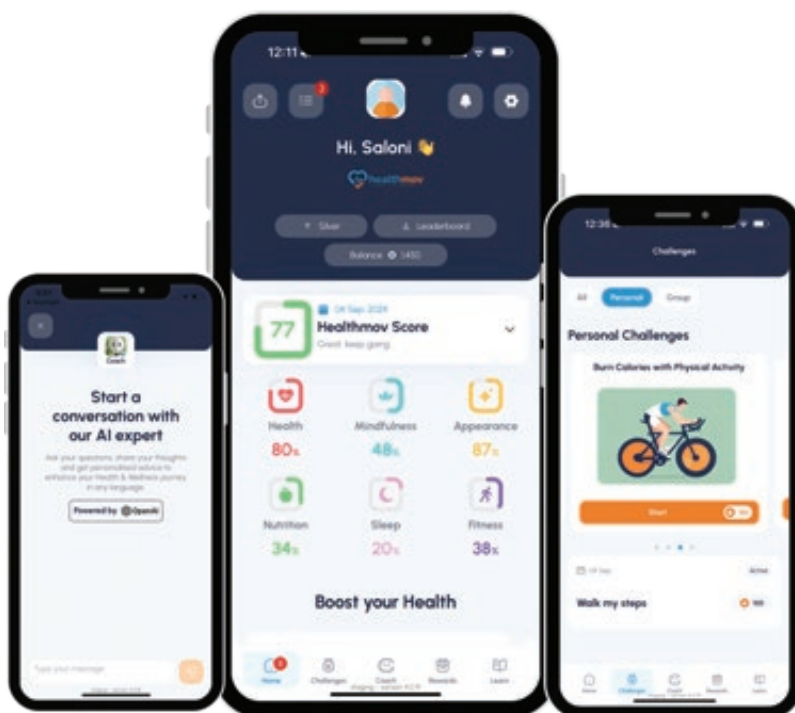
One of the best-kept secrets for maintaining healthy skin is using sunscreen. It helps prevent premature aging, reduces the risk of wrinkles, fine lines, and dark spots, and protects against skin diseases like skin cancer and sunburn.

To maximize these benefits, it's essential to choose the right sunscreen for your skin type.

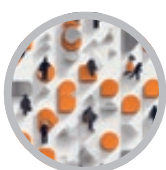
HEALTHMOV APP IS BETTER THAN EVER

At Hollard, your health is our priority, and we're always finding new ways to deliver the best care. Our latest healthmov update is designed to help you take charge of your health like never before.

- **More ways to earn more rewards**
- **More fun, more informative**
- **Don't miss out!**



EXPLORE THE NEW HEALTHMOV



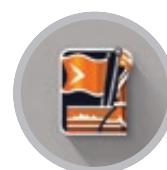
1. YOUR HEALTH, SIMPLIFIED

- A fresh & new look
- Super easy navigation
- Understand your HealthMov score easily



2. YOUR NEW HEALTH COACH

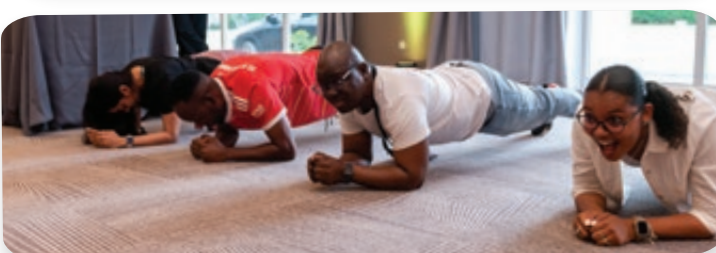
- New ways to help you improve your healthmov score
- Health & Wellbeing coach available



3. PERSONAL & GROUP CHALLENGES

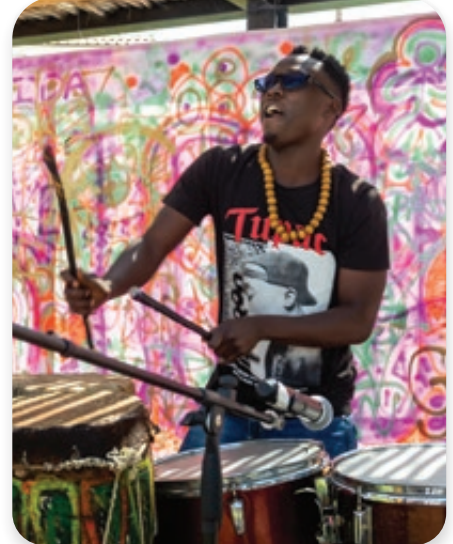
- Set, track & achieve your goals
- Join or create group challenges
- Earn rewards & celebrate

Just open your healthmov app, click on "Update" and enjoy!
If you need any assistance, contact us at support@healthmov.com.



WHAT MOVES YOU?

Wellness Day
14 September 2024
Indy Village, Maputo



"It was a very well-organized event. It gave participants a moment of peace and offered knowledge that will lead to reflection on how to introduce healthier habits and activities into their lifestyle. Thank you very much for the initiative."

"The program was well designed, with a lot of learning, a great initiative that should continue for a long time. Well done, Holland."

"The event was a wonderful experience that brought together wellness, community, and personal growth. It was inspiring to see everyone participating in activities that nurtured both the body and the mind. The positive energy and spirit of collaboration made it a truly enriching experience. I am looking forward to future events like this!"

"It was wonderful. I learned things that are changing my lifestyle for better well-being."

"Participating in this wellness event was a profoundly enriching experience. The carefully selected activities, from mindfulness practices to talks on self-care, provided not only moments of relaxation but also practical tools to incorporate wellness into daily life. The welcoming atmosphere and opportunities to interact with other participants made the day even more special. I am excited to apply the knowledge I gained and continue this journey of balance and health."

"I attended the wellness event, and the experience was truly enriching. I was grateful for the opportunity to engage in interesting activities that helped me learn a lot about stress management and healthy eating. It was a day filled with energy and inspiration, and I look forward to applying the knowledge I gained in my daily life. I highly recommend it to anyone who has the chance to participate in future editions!"

"I attended the event, and it was a transformative experience. From the moment I arrived, I felt a sense of tranquility and warmth. The activities were well-diversified and met my needs, ranging from yoga to workshops on healthy living. The professionals involved were highly qualified and made all the difference with their thoughtful and inspiring approach. Additionally, the organization of the event was impeccable, with attention to every detail, from healthy food to the relaxing atmosphere. I left the event feeling rejuvenated."

"I left feeling rejuvenated and inspired to adopt healthier habits. The activities were fun and made me realize the importance of self-care. The energy was contagious, and I felt more motivated than ever. I am grateful for this experience; it was the perfect reminder to slow down and breathe."

"The sense of calm and relaxation in my body after yoga was amazing, and the interaction with everyone else there was incredibly positive. The warm way that Holland and their team make us feel is truly special."

"The event was amazing; the activities 'moved me' from start to finish—it was the perfect combination for physical and emotional well-being."

"Many understand health as merely the absence of disease. Health is not just about physical well-being; it also relates to mental and social well-being. The 'What Moves You' event by Holland directly addresses concerns about the quality of life of its clients. It demonstrates a commitment to ensuring a healthy life and promoting well-being for all. The event brought numerous benefits for human well-being, filled with lessons on health care, nutrition, and the connection between body and mind. I believe many left with new insights on well-being, ways to care for themselves, and how to live in harmony with their body, mind, and environment!"

"Participating in the Wellness Day was a wonderful and transformative experience. The activities provided me with new tools to manage stress and focus on my physical and mental well-being. I left the event feeling more relaxed and with valuable insights that I am already implementing in my daily life. It's an experience I would recommend to EVERYONE."

"The event was wonderful, and what I enjoyed most was being able to take care of my physical, mental, and emotional health all in one day, while also focusing on beauty."





Thank you for joining us!

See you next year!

www.hollardhealth.com

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