



NEW ZEALAND

Affiliated with the International Federation of Business & Professional Women

BPW
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New Zealand Federation of Business
and Professional Women Incorporated

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Dear Clubs

National Project BPW NZ 2011 – Wellness for Women at Work – *Fit For Success*

In today's environment, with our busy lives, at work and at home, we women tend to forget that our bodies need to be cared for through a healthy and balanced lifestyle.

This BPWNZ National Project is designed to look at yourself, ask yourself if you are taking care with your body. Our bodies are incredible and complex machines which allow us to think, feel, work and play. Everyday our bodies do a lot of hard work for us, without us even realising.

We have researched the 'healthy lifestyle' subject and would to pass on to you the enclosed book to ensure you have the tools to reach your potential to stay fit and well.

This year we want to focus on you as an individual and as a valued stress-free BPW member. Just a little regular exercise can do wonders for your stress and improve your concentration in both work and play.

This book has wonderful information for keeping you well. If all members could read it and bring any thoughts, ideas, or suggestions on the contents to your clubs' meeting. Put aside 1/2hour at one of your meetings, allocate a 'wellness' leader and discuss how members keep well. It could be suggested that a small walk before the meeting could be a club project, for the summer months. If you do something often enough it will become routine.

To learn more – some really good links and points can be found on pages 12 – regarding iron, 16 – to calculate your BMI, 35 – for important links.

Your club could become very involved with this project especially if you encourage members to share experiences on keeping well. Remember though you need to take care of yourself otherwise one day when you least expect it you body will let you down.

Enjoy this project – a first of this kind – and make lots of use your book. It is a valuable tool which has been kindly donated by Nestle' for each and every BPW member in New Zealand.

Yours faithfully

Diane Dean
BPW NZ Project Convenor

“Empowered Women for the Future” *“...bringing the voice of women to business...”*