



**GWII President's inspiring message for Women's Day**

In celebration of Women's Month, FAnews on behalf of Gauteng Women in Insurance (GWII) spoke to Catherine Pienaar, President of GWII, about the significance of Women's Day, what Women's Day means to her and her message of inspiration for the GWII women...[Read more](#)

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### Career women – success stories....

Celebrating successful women for all their hard work and effort creates a pathway and steppingstone for aspiring women who seek guidance, motivation and inspiration. Gauteng Women in Insurance (GWII) recently chatted to Nicoline van der Merwe, Scrum Master at Genasys Technologies about her journey and career in the financial services industry, how she balances personal and...[Read more](#)

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### Amid COVID-19 Recovery, Companies Must Focus on Other Risks

As cases of COVID-19 continue to increase both around the world and in South Africa, businesses need to cast their glance beyond the immediate threats posed by the coronavirus pandemic, and consider the potential and actual repercussions from new and emerging risks, including a possible second wave of coronavirus, natural disasters, and the ongoing...[Read more](#)



**Celebrating women this women's month**  
In celebration of Women's Month...[Read more](#)

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### Build your network

"It's always good to approach networking from a strategic mind-set," says Alaina G. Levine, president of Quantum Success Solutions, a career consulting organization and author of Networking for Nerds. Here's how...[Read more](#)



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### Dress for success

A dress code policy isn't a one-size-fits-all solution. "What's 'professional' in one environment may be stuffy in another," says Paul Falcone, a human resources executive and author of 101 Tough Conversations to Have with Employees. A dress code policy establishes minimum standards of acceptable...[Read more](#)

## Five things women entrepreneurs need to know

Small and Medium Enterprises (SMEs) are an important driver of economic growth and a source of employment, especially... [Read more](#)



## Legal talk: Domestic violence

In celebration of Women's Month, FAnews on behalf of Gauteng Women in Insurance (GWII) spoke to a few women about the significance of Women's Day, what Women's Day means to them and how they use their positions to influence change, with some... [Read more](#)

### The Easy Guide

understanding

## CALORIES

Calories are how we measure the energy that our bodies use for vital functions & daily activities. The right amount of calories from each macronutrient is very important to ensure the body can function properly.

### MACRONUTRIENTS

Calories come from macronutrients, a.k.a carbohydrates, proteins & fats and the amount of calories in the food tells us how much energy the food will give us.

#### CARBS

Main Source of energy and is easily used by the body for energy

1g of carbs = 4 calories

#### PROTEIN

Essential for growth, tissue repair, immune function, preserving lean muscle, hormones & enzymes

1g of protein = 4 calories

#### FAT

Essential in cell, nerve tissue and hormone production. Also essential for absorbing fat-soluble vitamins such as vitamin A, D, E, K and carotenoids

1g of fat = 9 calories

### How to determine your daily calorie requirements

Each person requires a different amount of calories per day

**Step 1**  
Determine Your BMR (Basal Metabolic Rate)

Women:  $655 + (4.35 \times \text{weight (lbs)}) + (4.7 \times \text{height (in)})$   
 Men:  $66 + (6.23 \times \text{weight (lbs)}) + (137 \times \text{height (in)}) - (6.8 \times \text{age (yrs)})$

**Step 2**  
Determine Your Activity Level

Sedentary (little to no exercise) 1.2  
 Lightly Active (light exercise 1-3 days per week) 1.375  
 Moderately Active (moderate exercise 3-5 days per week) 1.55  
 Very Active (hard exercise 6-7 days per week) 1.725  
 Extra Active (hard exercise & physical job 6-7 days per week) 1.9

**Step 3**  
BMR x Activity Level = Calories required  
 The number of calories you should consume to maintain your weight

### ENERGY BALANCE

If you burn **more** calories than what you eat, you will **lose** weight

If you eat the **same** amount of calories than what you burn, you will **maintain** weight

If you eat **more** calories than what you burn, you will **gain** weight

### BE HEALTHY

1. Create a calorie deficit by eating smaller meals and moving more through exercise.
2. Read food labels (1 Calorie = 4.2 Kilojoules)
3. You only need a **consistent** calorie deficit of about 200-300 calories to see weight loss results.







IIG and GWII  
invite you to our

## Women's Day webinar

*Love and Laughter during Lockdown*

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**6 Aug 2020 | 4pm - 7pm**

— RSVP: [admin@gwii.co.za](mailto:admin@gwii.co.za) —

Enjoy **world-class comedy** with Tumi Morake and have your mind-blown by mentalist Larry Soffer.

Career driven Women – **panel discussion** with:

- Thokozile Mahlangu – CEO: IISA
- Henriete Senekal – Chief Executive: PSG Administration
- Tashniva Angadh – Past Chair: IYG; Business Development Manager: Hollard





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### Women's Day event - BOOK NOW!

Our Women's Day event, in collaboration with the IIG will be held via Zoom on 6 August 2020 – between 4 and 7pm. Email [admin@gwii.co.za](mailto:admin@gwii.co.za)



If your organisation is struggling to take new innovative products or #InsurTech to market quickly, we need to talk – 086 043 6797



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