



GWII and IIG celebrate LOVE and LAUGHTER during lockdown

There really is truth in the old adage, "Laughter is the best medicine"... this has never been more important than during this time of lockdown! With the theme 'Love and Laughter during lockdown', Gauteng Women in Insurance (GWII), in collaboration with the Insurance Institute of Gauteng (IIG), hosted a Women's Day webinar... [Read More](#)



The four things women want (from financial services)

There are two sides of the coin regarding the state of women and financial services. On one hand, women now: Control two-thirds of consumer spending; Hold 40% of total global wealth; Account for 40% of... [Read More](#)

Covid-19 really increased people's feeling of civic-mindedness

When Heidi Hotmer, 48, first heard about the pandemic, she wasn't sure how she'd get through it. But within days after her city's shelter-in-place order was issued, she figured out a plan. Hotmer closed her... [Read More](#)





Gen Z women are less likely than millennial women to want to be reachable at all times

Only one-third of women in Gen Z report feeling optimistic about the effects of technology on society. A new study from GfK Consumer Life asked over 37,000 people in 31 different markets and 25 countries about their... [Read More](#)

Losing hair? You could have this common deficiency

Many aging women suffer with hair loss, which can take a real toll on our confidence and self-esteem. But as we already know, everything we put into our bodies matters — and this is especially true for hair health... [Read More](#)



Legal Talk: Unemployment Insurance Benefits

When an employee loses his/her job or is unable to work for a short period of time due to certain circumstances, for example, illness or pregnancy, s/he may be faced with a hard time financially. The Unemployment Insurance Fund (UIF) aims to help by providing... [Read More](#)

SAVE THE DATES

- The next GWII Leaderwalk will be held via Zoom on 8 October 2020.
- Our golf day is scheduled for 29 October 2020

LOCKDOWN CAMPAIGNS

"Good News Monday" - We want you to share your Good News stories! Tell us all about how a colleague, friend or stranger is making a difference in your home, at your office, or in your community.

Submit your short story or shoutout to us via our GWII email - admin@gwii.co.za - or WhatsApp hotline - 079 516 3417.

"Let's Play to FriYAY" - Need to break the monotony of long work days? Need some motivation to getting fighting fit? Or want to kickstart a hobby? We invite our members to participate in a different activity every alternate week. Watch our Facebook page for details!

TERMINATION OF GWII ASSIST APP

We wish to inform you that Gauteng Women In Insurance's mobile app, the GWII Assist App solution which provides emergency assistance services, is being terminated.

Members have 30 days cancellation notice, as from 1 September 2020 for the Assistance Program services. The last day of service will be 30 September 2020.

We hope that you enjoyed the benefits of the service .

The Basic Guide

GUIDE TO

Intermittent Fasting

Intermittent Fasting is a dieting style whereby you eat your meals within a certain time frame depending on the method of fasting you are doing.

IMPORTANT

Intermittent Fasting may not be suitable for people with certain medical conditions. It is advised that you always consult with a Doctor before starting any new diet.

METHODS

16:8 Eat during a 8 hour window only. Fast for 16 hours. Most common & easiest method.	EAT STOP EAT Fasting for 24 hours once or twice a week.	ALTERNATING DAYS Eating only a few hundred calories every other day.
5:2 Eating only 500 - 600 calories twice a week while eating maintenance calories for the rest of the week.	WARRIOR Eating a small amount of fruit & veggies during the day with only one big meal a day.	MEAL SKIPPING Simply skip meals from time to time, when you don't feel hungry or don't have time.

Benefits of Fasting

- Assists with leptin & insulin sensitivity
- Reduces the risk of chronic diseases such as heart diseases & cancer
- Reduces over-eating
- Uses stored fat for energy
- Reduces inflammation
- Cleans & removes waste from cells
- Improves sleep
- Add cardio during fasting times for great results

TIPS

DO <ul style="list-style-type: none">1 STAY HYDRATED2 DRINK ZERO CALORIE DRINKS3 CONSULT WITH DOC4 CHOOSE EASIEST METHOD FIRST5 EAT HEALTHY & BALANCED DURING EATING WINDOW	HEALTHY FOOD HEALTHY LIFESTYLE	DON'T <ul style="list-style-type: none">EAT TOO LITTLE DURING EATING WINDOWEAT TOO MUCH DURING EATING WINDOWNOT DRINK ENOUGH WATER
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DISADVANTAGES

- Interferes with social life
- Low energy during fasting windows
- Binge Eating behaviours during eating window

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