



FOCUS AREAS

Eating Well



A nutritious, balanced diet is the foundation for maintaining overall health and wellbeing. It fuels the body and keeps it functioning optimally, supporting immune function and energy levels. Eating well can also reduce your risk of chronic diseases like heart disease and diabetes and is an essential way to invest in your mental and physical health.

INTERESTED IN LEARNING MORE, EARNING POINTS & BOOSTING YOUR STATUS?

Interested in learning more, earning points and boosting your status? Explore our 'Eating well' focus areas! Each focus area conveniently groups point-earning opportunities such as goals, videos and articles related to a specific topic, helping you build healthy habits for long-term results.

HERE ARE JUST A FEW EXAMPLES OF OUR 'EATING WELL' FOCUS AREAS:

- Navigating diet trends
- Intuitive eating
- The basics to prepare a healthy meal
- Healthy eating on a budget
- Building a balanced plate

You can find all this and more by navigating from your homepage to **Focus on your health > See all focus areas > Filter > Eating well.**