



# The W Community **MONTHLY** **NEWSLETTER**

**FEBRUARY 2022**



*Hello Friend,*

*Did **January** take 365 days like people would say? Or was it just like every other month?*

*Whichever the case, the year is now a moving train, and I hope you are doing your best to thrive, as well as tick the "Achieved" column on your vision board.*

*If you feel like you aren't doing enough, try not to put yourself under pressure and look forward to the love month (February) to achieve some set goals.*



## MEMORABLE VALENTINE DATE IDEAS

Red, white or blue flowers, scented candles, bottles of wine, balloons, glitters, colored lightning all speak of Valentine's Day which is always on the 14th of February. It's an overdose of care and affection on yourself, your spouse, or special person(s).

So what's your plan? You haven't figured it out yet right? or maybe you are in the group of people that say there is still time! Well now is the best time to start planning if you want a great experience.



Inspiring · Connecting · Empowering

   @thewcommunity



Inspiring · Connecting · Empowering

   @thewcommunity



**As usual, your love  
buddy is here to share  
my secret tips:**

## 1. MULTIPLE DATES

Get creative & remember to plan your route to avoid traffic.

Going to the cinema, visiting eateries, amusement parks, are good ideas but might be the norm for some people. How about planning multiple dates for the whole day? From going to a cinema to a zoo, then a game center, the list continues till you are both tired (Remember to plan your route as there may likely be traffic on that day). That way, you get to capture funny moments, informative moments, scary moments, and romantic moments. Yea, the idea is to have lots of fun memories in one day. Depending on how you want it, you might just make it a surprise. Tell your spouse the number of dates in the list while you surprisingly unfold each memory.

## 2. ENJOYING COMMON THINGS IN SPECIAL WAYS

Sometimes, it's not about being all extravagant. There's a lot of emotion in the small things too. Little gestures could hit your partner so hard than the elaborate things. It could be setting up a home date, gifting your partner that thing they never expected, cooking a favorite food, a home spa, swimming together, a movie date at home, etc.

## 3. THAT ONE THING YOU BOTH HAVE ALWAYS WANTED TO DO

Everyone has that thing they have always wanted to do but have never gotten the time or chance to do them. You both may also have pictured a place you have always wanted to visit together too. Try thinking of that thing or place. It could be going to the beach, cooking a particular dish, a boat cruise, visiting places you have always fantasized about.



Inspiring · Connecting · Empowering

   @thewcommunity



Inspiring · Connecting · Empowering

   @thewcommunity

# There are also other beautiful concepts like;



## KARAOKE

In case you are setting up a date at home or as an “after date”, a karaoke session is a good idea. What romantic couple duet sparks up something between you both? How bad do you want to sing to your loved one(s) or be sang to?



## A VACATION

Vacations, especially to places you have never been to come with a different emotion. Visiting places, trying new food together, attending events, playing video or sports games can be fun too. An important thing you should consider is your vacation venue. You do not want to go to a boring or overcrowded place. Consider what you both like and then set up a suitable place. If the vacation isn't a thing of surprise, then it's okay to seek your partner's interests.



## DATE NIGHT

In case you both have tight schedules, you do not want to push the date forward, or even by your choice, you can decide to have a “vigil date”. Ideas for a vigil date could include a bonfire night, camping by the sea, dancing, horse riding, etc. These can even be done at the beach with matching outfits.

# Heart 2 Heart

with *W*



Join us for a **special discussion** with seasoned experts on Love, Money & Mental Health this February.

Follow us on     
**@thewcommunity**  
for more details.

Banking with Access: Branch | ATM | online | mobile | contact centre



Access Bank will never ask for your complete card number, PIN or One-Time password. If you lose your phone, please call us immediately on 01-271-2005-7. Links within our mails will only take you to information pages on our website.

More information:  
[wcares@accessbankplc.com](mailto:wcares@accessbankplc.com)  
01-227-3005  
[www.thewcommunity.com](http://www.thewcommunity.com)



[accessbankplc.com](http://accessbankplc.com)



Inspiring · Connecting · Empowering

   @thewcommunity



# How to create a Vision board.

A vision board works like a magical guide that makes your goals visible and achievable. It gives you a sense of where you are and where you want to be with a specific timeline. A common mistake people make is thinking that a vision board is set to make you flawless and all goals must be met. Often time, it is not always cast in stone. Just like any other guide, you need to put in the work to meet/exceed your goals.

So let's get started in creating our vision board for 2022!

The materials you need are magazines, glue sticks, extra words, images, artworks, prints from the web or old book, scissors, poster boards, a pen

## **Step 1: Carry Out a Self-Review**

Go into a deep and sincere meditation. In the past year, what have you achieved? What has worked? What are you happy about? What lessons have you learnt so far? A journal and pen could be useful at this stage, to write out your thoughts.

## **Step 2: Set Realistic Goals**

Still holding your pen and journal, refresh your memory on your goals for the year. It could be writing a book, building connections with family, networking, daily affirmations, or even little things like getting a new shoe rack, a change of wardrobe, etc. After this, filter out what you really want on a fresh page according to your preference scale.

## **Step 3: Find the Apt Words and Images**

What first comes to mind when you try to remember a book you have once read? The book's cover page right? Finding the right words and images does the same for you. It also makes your board interesting. Now, gather those magazine prints and old books to source for pictures that best describe each goal. Feel free to cut them out into desirable sizes. If you cannot find suitable pictures and words from any of these sources, you

## **Step 4: Arrange**

Now that you have your poster board, images, and written words staring at you, shuffle them and choose what image is best suitable for different segments. Arrange them and trim where necessary.

## **Step 5: Neatly Glue Them Over**

Are you satisfied with your creativity? Check through and make appropriate adjustments. One at a time, take each image or word and glue them over on the board with the aid of a glue stick. It is a good idea to smoothen it with your hands. If you have items for beautification, well, go ahead.

## Step 6: Display Your Board

Hang your board in places best visible to you. It could be your workspace, bedroom, a picture of it on your phone or computer, etc. Seeing it regularly registers it in your mind.

With a vision board and your intentionality towards it, you can never go wrong in accomplishing those goals.



Inspiring · Connecting · Empowering

   @thewcommunity

# A FITNESS ROUTINE; A HEALTHY LIFESTYLE CHOICE

Beginning a fitness routine is a great choice for a healthy lifestyle. Engaging in physical activities improves your balance and coordination, helps you lose some calories, and even prevents some chronic diseases like diabetes, obesity, cardiovascular diseases, etc. Here is how to start a fitness routine;



## CONSIDER YOUR FITNESS LEVEL

If you have been working out, then you possibly have an idea of your fitness status. Evaluating and taking records of your fitness score can provide you with a yardstick to gauge your growth.

To measure your flexibility, muscular and aerobic fitness, body composition, check the following;

- Number of standard and typical pushups you can do at a go
- The circumference of your waist above your hip bones
- Your pulse rate before and after walking 1 mile
- How long it takes you to walk 1 mile and run 1.5 miles
- Your body mass index
- How far you can reach forward while seated on the floor with your legs placed in front of you

Once these have been checked, you can now proceed to the next step.

## **DESIGN YOUR FITNESS ROUTINE**

Creating a fitness routine is a plan to help your fitness goal thrive. As you plan, your fitness goals should be in focus while you draft a proper routine.

## **DON'T RUSH THE PROCESS**

We tend to be enthusiastic about working out only to end up feeling unmotivated after some time. Starting slowly and then progressing would solve this problem. It's always best to consult a professional especially if you have or once had a medical condition.

- Make it more fun by involving other activities like listening to music, having a fitness challenge partner, etc. You could also be creative about it. Create a plan for different forms of exercise; Thread milling, swimming, skipping, taking walks, biking, etc. These exercises would affect every part of your body.
- While you are at it, give space for rest and recovery.

## **GATHER YOUR TOOLS**

Let us start with your wears. Get sportswear you find attractive and comfortable in. For instance, while jogging, sharp and smart wears are suitable. Your footwear should feel lighter than cross-training shoes which are designed for support.

For your exercise tools, you could get one that you find really interesting, practical, and not too complex to use. It's also advisable to first try them out at a gym center or read about them online before eventually buying yours. Fitness applications on your phone are a good idea too. They could help you track your walking/jogging distance, monitor your heart rate, and calories.

## **TAKE ACTION**

- Progress Gradually; Doing ten pushups at a stretch can be very stressful. But when you are consistent, it becomes easier over time.
- Divide Your Work Out Time; Shorter but more repeated exercises have aerobic benefits.
- Don't Ignore Your Body; Exercising can be very strenuous so your body can decide to react. If you feel dizzy, short of breath, nausea, you can just take a break. If it persists, please see a doctor.

## **KEEP TRACK OF YOUR RESULTS**

Keeping track of your progress can be a huge motivation for you. After about six weeks, you can retake an assessment on yourself. Do you need to increase your workout time, reduce it, or you are doing just enough?



Inspiring · Connecting · Empowering

   @thewcommunity

# Secure Love for a Lifetime, with MHSS

Trying to Conceive? Get your fertility treatments and other health procedures covered with the **Maternal Health Service Support (MHSS)**. Enjoy low interest rates, flexible repayment period, zero fees and no collateral.

To enjoy this service, send an email to [wcares@accessbankplc.com](mailto:wcares@accessbankplc.com) or call the **W Hotline on 01-2273005**

Inspiring • Connecting • Empowering

Banking with Access: Branch | ATM | online | mobile | contact centre



In our emails, Access Bank will never ask for your complete card number, PIN or One-Time password. If you lose your phone, please call us immediately. Links within our mails will only take you to information pages on our website.

More information:  
01-227-3005



[accessbankplc.com](http://accessbankplc.com)



## **MHSS AND YOUR FERTILITY JOURNEY**

The fertility journey comes with lots of mixed feelings of hope, anxiety, and enthusiasm. You may even begin to create a wish list of maternal outfits, how you'd want nursing to be like, imaginations of how your child would be like and lots more.

For some families, having children can be a tug of war. Thankfully, there have been various initiatives on reproductive techniques that can serve as an intervention. Unfortunately, these solutions can be expensive and there are cases where some families have to repeat the process more than once, hence increasing their financial burden. Some of these treatments if not properly budgeted for, can render some families stranded. If this is your situation, don't worry, you are not alone on this journey. Take advantage of the Maternal Health Service Support Scheme. The MHSS offers fertility treatments and gives natal support.

The Maternal Health Service Support Scheme offers a loan through the W initiative that helps ensure that women can finance their fertility treatment and pay back with ease.

Over the years, MHSS has financed over a hundred and two fertility procedures. Not just this, there has also been a record of the successful delivery of over fifty healthy newly born babies. There is also a cash-back plan for every unsuccessful IVF procedure. Isn't that amazing?

**The MHSS is your perfect choice because;**

- There are no loan fees attached
- There is a flexible repayment plan
- It grants you access to over thirty renowned birth travel service companies and fertility clinics in Nigeria.
- The interest rates have been subsidized.

**For more information, you can send an email to [wcares@accessbankplc.com](mailto:wcares@accessbankplc.com)**



Inspiring · Connecting · Empowering

   @thewcommunity



# Bye Ladies!

The month of February is the feeling of love in the air. This month, don't selfishly wait for acts of love, be ready to spread love too. Intentionally, show love to other people. It could be a random call or text to check up on someone, a simple gift or even a visit. Loving other people comes from first loving yourself. Deliberately plan to make memories with those you love. Also, remember to stick to your vision board; and achieve your financial, health or any other goal you set last month. Enjoy an amazing Valentine season.

You can join the Love conversation on our Instagram page **@thewcommunity** with the hashtag **#ValentineLoveLettersWithW**



Inspiring · Connecting · Empowering

   @thewcommunity