



Inspiring • Connecting • Empowering

The W Community

Monthly Newsletter



february
2023

Hey buddy!

Was it a long January for you? Or was it just like every other month? If January seemed so long, don't worry because February has just 28 days. However, I hope you are making each day count and ticking off goals on board. If you feel aren't doing enough, good sign that you will still do so much

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The January Newsletter was awesome with about 50 suggested affirmations to keep you on track in 2023. We spoke on Career and Personal branding tips, How to make intentional New Year resolutions, and so much more. If you missed out on these, don't worry! Follow us on Facebook, Instagram and Twitter, [@thewcommunity](#) to join the conversation.

Let's dig right into what we've got for the month of February



1

Unforgettable Valentine Date Ideas For Him

Valentine's Day is a special occasion to show your partner how much he means to you. It's another beautiful day to spice up the beautiful love story you both share. You can call me Dr. Love! Here, I'll walk you through some amazing date ideas that would make the day a memorable one.



Unforgettable Valentine Date Ideas For Him

01 **A Sports Game or Concert**

Is your partner a sports fan or into music? Surprise him with a date night featuring games or concerts of his favourite team/artist. This will be a great way to bond over something he cherishes and make a lasting memory.

02 **That one thing you both have 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. Think of that thing or place. It could be going to the beach, cooking a particular dish, a boat cruise, visiting places you have always fantasised about etc.

03 **Spa Day at Home**

When last did you treat your man to a relaxing spa day at home? Set up a massage table, light some candles, and give him a good massage. You can also create a DIY facial or manicure station and enjoy some pampering together.



Unforgettable Valentine Date Ideas For Him

04 **Enjoying Common things Specially**

Sometimes, it's not about doing the biggest things. 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 full home date, gifting him something he'd never expect, preparing a favourite meal, a spa day out, swimming together, a movie date at home, etc.

05 **A Weekend Camping Trip**

If your partner loves the outdoors, surprise him with a weekend camping trip in a nearby state park. Plan activities like hiking, fishing, or stargazing for a romantic and adventurous experience.

06 **Gifts! Gifts!! Gifts!!!**

Gifting is very important. You would know your partner best. What is that one thing that would make him super excited? Remember, it doesn't even have to be extravagant. If he's a football freak, you can get him a jersey from his favourite football club. Yes, it's this easy. Just be very creative about it. Men love surprises too.

The goal is to make the day special for him and make sure he knows how much you love and appreciate him.

Finally, there are five love languages; Words of affirmation, Acts of Service, Gifts and Physical touch. Whichever you pick, ensure to shower him with lots of love.





Cash or Cashless policy?

As individuals, some of us would rather operate with cash at hand, rather than our debit card, even though the world is fast becoming a digital space. If you are among these set of people, I will show you what you have been missing out on.

A debit card is a payment card linked to an account that allows you to make purchases or withdraw cash from ATMs using funds that are immediately available in your account. Here's what a debit card actually does for you;



Cash or Cashless policy?

01 Cash Withdrawal Limit

As we all know, the Central Bank of Nigeria has announced a cashless policy, in order to aid the circulation of the new naira notes. This therefore means that no individual or corporate organisation can withdraw more than N500,000 and N5,000,000 cash respectively from over-the-counter per week. The perfect solution to this limit is therefore the usage of a debit card.

02 Convenience

Debit cards are more convenient than carrying cash, as they are portable, hardly noticeable and effortless to carry around. When travelling or going on a vacation, your card would come in handy

03 Safety

Carrying large sums of cash puts you in an unsafe position both emotionally and physically. You get anxious due to fear of losing the money. A debit card is safer, as it can be blocked if lost or stolen. Also, you can still access your account to track the transactions.

04 Access to Cash

With a debit card, you can withdraw cash from ATMs, which is useful if you need cash for a purchase or emergency.

Cash or Cashless policy?

05 Record Keeping

Debit card transactions are recorded and can be easily tracked through online banking or monthly statements, which makes it easier to keep track of spending and budgeting.

06 Online Shopping

Debit cards can be used for online shopping, paying bills, and it is more secure.

07 Rewards and Benefits

Many debit cards offer rewards and benefits, such as cashback or discounts on certain purchases.

Debit cards offer many benefits over cash, including convenience, safety, and easy record keeping, making it a great option for your daily transactions and payments.

We care about women in our community and this is why we are unrelenting in seeking new ways to make life easier. The W Card is specially tailored for all women in our community. If you are a woman at the W community, you shouldn't miss out on this one!

WITH YOUR W DEBIT CARD, YOU HAVE ACCESS TO;

- Shop Online
- Pay Bills
- Make Withdrawals
- Access Discounts and lots more!

**The W debit card is
more than a card,
it's an Experience!**
**It is available in
Visa and Verve
variants**

**To get yours, visit
any Access Bank
branch near you**



Benefits Of Exercise During Menstruation

The thought of having to exercise during menstruation, especially the first few days of cramping might sound outrageous. However, I am here to change this perspective.

Sticking with an exercise routine can help ease some of the complaints that accompany your menstrual cycle. Here are five benefits of exercising during your period.



Benefits Of Exercise During Menstruation

01

Reduces Premenstrual Symptoms

Premenstrual symptoms can be bothersome. It can affect your normal life and daily routine by causing emotional disturbances, mood swings, concentration issues, and sleep disturbances. You might also experience fatigue, bloating, and food cravings.

Aerobic exercises like walking, swimming, cycling, jogging, etc., can help you rid off symptoms like depression and fatigue. It also reduces excess water retention and bloating, which is very common during menstruation.

02

Regularises the Cycle

If you have an inconsistent cycle and are often unaware of your dates, workouts during periods might help. Exercising while having periods help regularise period cycles and get your period calendar on track. To achieve this, do more Aerobic exercises

03

Gives You Energy

It is common to feel down during periods and wanting to stick to your bed. Exercising during periods keeps you energised the whole day and helps you ensure that your daily routine isn't altered.

Exercise will not just energise you, it will also improve blood circulation to all the muscles in your body and enrich them with oxygen and nutrients. This improves the ability of muscles to release more energy.

Benefits Of Exercise During Menstruation

04

Boosts Your Mood

The level of the stress hormone cortisol increases during menstruation. Exercising during periods can help reduce the level of cortisol in your blood and improve period moods like agitation, period blues and crankiness.

05

Deal with Painful Periods

Exercise is a great natural method to fight off cramping. Exercise also alleviates headache, back pain that may come with menstruation and aids blood flow. Light walking is also quite effective in dealing with painful periods.

While it is good to have an exercise routine during menstruation, there are some exercise routines you should avoid such as; Strenuous or prolonged exercise (intense exercise during menstruation can lead to exercise-induced inflammation) and Inversion-type yoga poses (this puts so much pressure on the uterus and can lead to profuse bleeding).

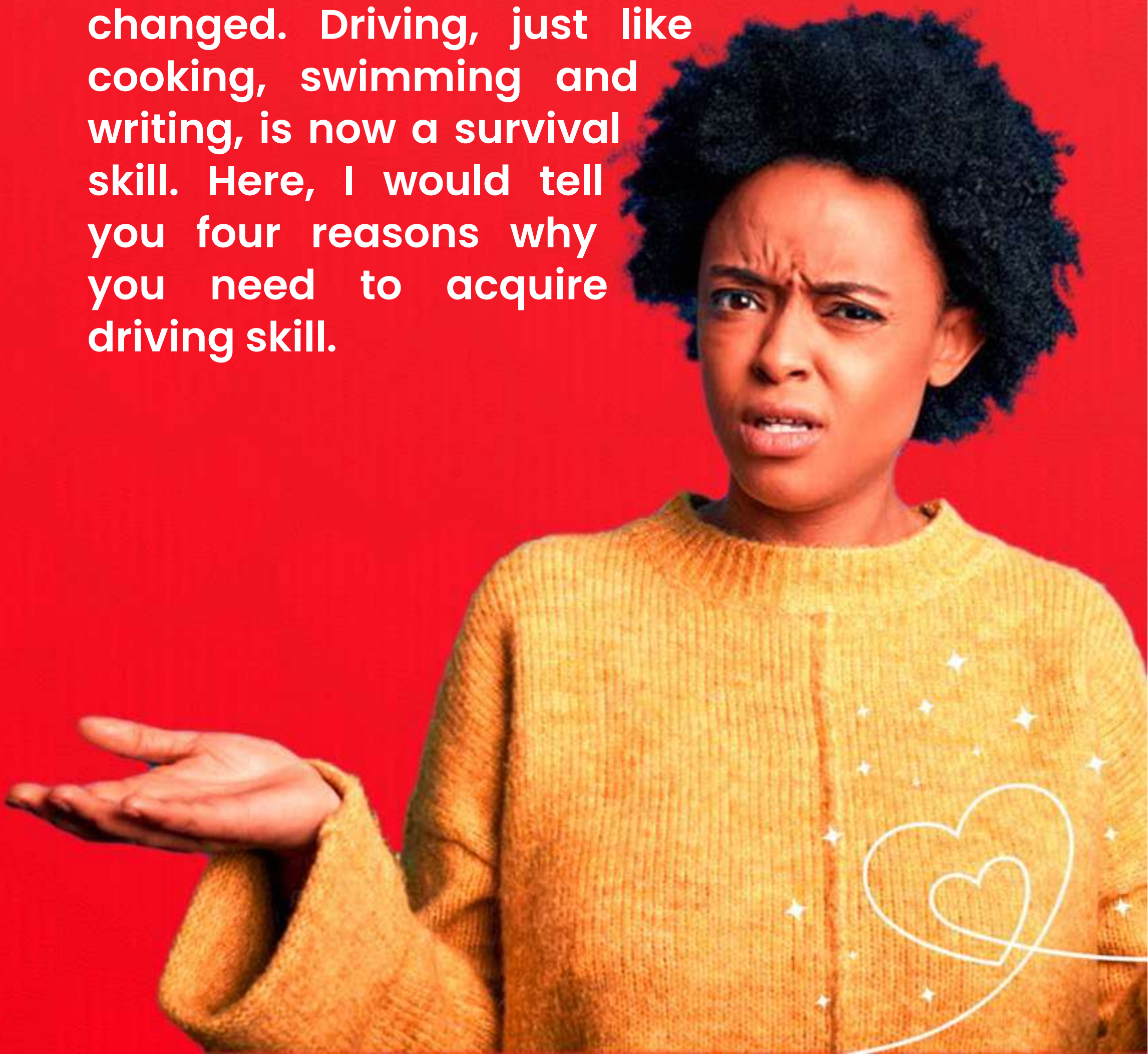
Conclusively, it is beneficial to exercise during your menstruation, but if you feel fatigued beyond normal, don't ignore the symptoms. Listen to your body and just rest.



Sis you still Can't Drive?

4

The world is evolving. Years ago, it was a norm to think that Driving was for commercial purposes only. However, this narrative has changed. Driving, just like cooking, swimming and writing, is now a survival skill. Here, I would tell you four reasons why you need to acquire driving skill.



Sis you still Can't Drive?

01

Reduced Stress and Expenses

As a businesswoman, work-from-home mom, working woman or nursing mother, knowing how to drive and owning your car would go a long way in saving you from the outrageous stress and expenses that come with public transportation. Don't be trapped into excuses like "I don't have the money, or I don't have time". You can learn how to drive and get your dream car, if you plan for it.

02

Increased Mobility and Independence

The ability to drive enables you to go where you want, when you want, without depending on others.

03

Convenience and Increased Access to Services and Amenities

The hurdles that come with public transportation cannot be compared to the peace that comes with owning your car. Likewise, knowing how to drive allows you to access services and amenities that may not be easily accessible via public transportation, such as grocery stores, medical facilities, and recreational areas.



Sis you still Can't Drive?

04

Emergency Preparedness

Being able to drive can be pertinent in case of an emergency, allowing you to quickly evacuate or get to a hospital.

This is why we created the W "Ladies Let's Drive" Initiative. It is a platform where you get to learn all it takes to be a pro as far as driving is concerned. This initiative has birthed over two hundred successful female drivers on the Nigerian road. We have partnered with FRSC accredited schools in Nigeria, for an affordable fee.

To further hone your driving skills and lead a lifestyle of ease, we have the W Power Vehicle Finance, where you can get your dream car NOW, and pay LATER. This loan comes with;

- An equity contribution for as low as 10%
- A competitive interest rate of 15%
- A flexible repayment plan of up to 48 months
- Vehicle registrations
- Car tracking
- Subsidised comprehensive motor Insurance and so much more.



This might just be the perfect opportunity you have been waiting for. Kindly send an email to wcares@accessbankplc.com to get started.

Bye Ladies

This February, make it a responsibility to spread love to yourself and the people around you. It could be a random call, text, a simple gift or even a surprise visit. Very importantly, loving other people comes from first loving yourself.

What would you do to *#enjoyvalentine?* Spice it up with those valentine date ideas I have suggested.



You can join the love conversation on our Facebook, Instagram and Twitter social media platforms [@thewcommunity](#)



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