

Unity Bank Digest

September 19, 2019



Unity Bank Towers
Unity Bank Plc, Plot 42, Ahmed Onibudo Street, Victoria Island, Lagos

Head Office Annex
Plot 785, Herbert Macaulay Way, Central Business District, Abuja, FCT

The Highlights

Headline inflation down 6bps to 11.02% in August

The National Bureau of Statistics (NBS) reported a 6bps decline in Nigeria's headline inflation to 11.02% from 11.08% in July. This represents the third consecutive monthly decline and the lowest level since February 2016. The decline in headline inflation was supported by the harvest season and dwindling consumer demand. All other sub-indices with the exception of the urban price index declined in August. The month-on-month sub-index, a more accurate measure of price movement, slowed to 0.99% (12.54% annualized) from 1.01% (12.77% annualized) in July. Food and core sub-indices also declined to 13.17% and 8.68% respectively. On a state-by-state basis, Kwara state retained its position as the best performing state with an inflation rate of 8.32%. Other states with low inflation rates were Delta (8.63%) and Cross River (8.97%). On the other hand, Kebbi (14.97%), Kano (13.24%) and Bauchi (13%) recorded the highest inflation rates. The sustained decline in headline inflation is good news to doves within the Monetary Policy Committee (MPC). However, effective monetary policy decisions are based on anticipated inflation rather than historical inflation. Cost push factors such as exchange rate adjustment for custom duties (now at N326/\$) and the likely forex restriction on food imports are expected to mount inflationary pressures in the coming months.

Nigeria's trade surplus declines by 29.2% to \$1.63bn

According to the NBS, Nigeria's trade surplus narrowed by 29.2% to N588.78billion (\$1.63billion) in Q2 from N831.62billion (\$2.3billion) in the previous quarter. A further breakdown of the report showed that imports accounted for 46.6% of total trade while exports constituted 53.4%. During the review period, petroleum oils was Nigeria's major export commodity, accounting for 85.61% of its export revenue. Other export commodities of Nigeria include Natural gas (8.72%), Vessels (0.95%), Sesame seeds (0.46%) and Other petroleum gases (0.42%). Nigeria's key import commodities were Motor Spirit (14.36%), Used Vehicles (3.67%), Light fuel oil (3.27%), Gas Oil (3.26%) and Imported motorcycles (2.79%). India remained Nigeria's top export trading partner

constituting 1727% of total exports followed by Spain (11.97%), Netherlands (10.41%), USA (7.68%) and France (6.09%). Conversely, China (25.47% of total imports), USA (10.53%), Netherlands (9.33%), India (7.48%) and Belgium (6.21%) were Nigeria's largest import partners.

Nigeria proposes conservative 2020 budget

In unveiling its Medium Term Fiscal Framework (MTEF) and Fiscal Strategy Paper for 2020-2022, the Nigerian Finance, Budget and National Planning Ministry went for a more prudent, conservative and contractionary budget. Within the framework, the proposed budget size for 2020 (N9.79trn) is 2.78% lower than the total expenditure in 2019's budget (N10.07trn). However, the contraction becomes more pronounced (14.3%) after discounting for inflation. The key assumptions of the 2020 budget framework is below:

Indicators	2019	2020	% Change
GDP growth (%)	3.01	2.93	-0.08
Oil production (mbpd)	2.3	2.18	-5.22
Oil price (\$pb)	60	55	-8.33
Exchange rate (N/\$)	305	305	-
Inflation rate 9%)	9.98	10.81	0.83

The Federal Government appears to be emphasizing fiscal consolidation ahead of GDP growth therefore leaning towards a conservative budget. However, at a time when Nigeria's real GDP is slowing (1.94%), it is difficult to justify this stance to many investors.

Value Added Tax proposed to increase from 5% to 7.5%

The Federal Executive Council (FEC) has proposed an increase in VAT from 5% to 7.5%. According to the Minister of Finance, Budget and National Planning, Mrs. Zainab Ahmed, the effective date of the new rate remains uncertain but there is a high probability that it would take effect in 2020. If implemented, state and local governments will receive 85% of the revenue while the Federal Government will receive 15%. Whilst the increased government revenue would enable state governments meet their obligation of the new minimum wage, it could also have an inflationary impact. Fast Moving Consumer Goods (FMCG) companies could be forced to pass the final burden to consumers and mount inflationary pressures.

Capital inflows into Nigeria down 31.4% to \$5.8 billion in Q2'19

Capital imports into Nigeria declined by 31.4% to \$5.8 billion in Q2'19 from \$8.49 billion recorded in the previous quarter. The \$5.8 billion was comprised of portfolio investments at \$4.29 billion (73%), other investments at \$1.30 billion (22.41%) and foreign direct investment at \$222.89 million (3.83%).

A further breakdown of the report released by the NBS showed that the largest source of capital investment into Nigeria was from the United Kingdom (\$3.13 billion), followed by the United States (\$1.15 billion), the United Arab Emirates (\$344 million) and South Africa (\$314 million). Three of the top four countries are currently experiencing uncertainties. The United Kingdom's Brexit outcome still remains unclear; the US remains deeply embroiled in a trade war; and xenophobic incidents are on the rise in South Africa. These events could slow growth in all three countries with ripple effects on the regional and global economy. They could also limit the capital imports originating from these countries in subsequent quarters.

Q2 Gross Domestic Product (GDP) slows to 1.94%

According to the NBS, GDP slowed to 1.94% in Q2'19 from a revised growth rate of 2.1% in Q1'19. The growth rate, which was lower than analysts expected, brings the average growth in 2019 to 2.02%.

A sector breakdown of the report shows that the fastest growing sectors in Q2'19 include oil and gas (5.15%), education (0.96%), water supply and sewage (14.35%), and administration (2.03%). On the other hand, interest rate sensitive and employment elastic sectors such as agriculture (1.79%) and construction (0.67%) recorded a slower growth rate in Q2'19. Within the review quarter, sectors that recorded a negative growth included manufacturing (-0.13%), trade (-0.25%) and real estate (-3.84%).

The weak Q2 GDP numbers highlight the urgent need for a fiscal stimulus in the economy. This should be the focus of the fiscal team in the preparation of budget 2020. Growth stimulating fiscal policies should be complemented with pro-cyclical monetary policies.

South Africa and Nigeria embroiled in xenophobic attacks

Africa's two largest economies, South Africa and Nigeria, are currently entangled in a xenophobic tit for tat. Following months of xenophobic attacks on Nigerian owned businesses in South Africa, Nigerian youths have retaliated by boycotting South

African owned businesses in Nigeria. The tit for tat approach has had its negative impact on the economy and diplomatic relations. South African businesses in Nigeria were forced to temporary close down operations to protect their assets and employees. In addition, Nigeria recalled its High Commissioner to South Africa, Ambassador Kabiru Bala, and pulled out of the World Economic Summit, which held in Cape Town, South Africa. A further escalation could have a negative impact on trade relations and investment flows between Nigeria and South Africa.

Economist Intelligence Unit's (EIU) Global Liveability Index 2019

According to the EIU, Vienna has maintained its position as the most liveable city in the world for the second consecutive year, scoring 99.1 out of 100.¹ The Austrian capital was followed by Melbourne, Australia (98.4), Sydney, Australia (98.1), Osaka, Japan (97.7), and Calgary, Canada (97.5). The index is divided into stability, healthcare, culture and environment, education and infrastructure. The least livable cities were Damascus, Syria (30.7), Lagos, Nigeria (38.5), Dhaka, Bangladesh (39.2), Tripoli, Libya (40.4), and Karachi, Pakistan (40.9).

Safe Cities Index 2019²

EIU's annual Safe Cities Index report highlights the safest and most dangerous cities to live in 2019. The index, which ranks 60 cities using 57 indicators, has placed Tokyo, Japan as the safest city to live. Other safe cities to live include Singapore (2nd), Osaka, Japan (3rd), Amsterdam, Netherlands (4th) and Sydney, Australia (5th). On the other hand, Lagos ranked the least secure city to live in with an overall score of 38.1 (out of 100). A breakdown of the safest and most dangerous cities to live is below:

Safest cities	Most dangerous cities
Tokyo	Lagos
Singapore	Caracas
Osaka	Yangon
Amsterdam	Karachi
Sydney	Dhaka

Ex-Zimbabwean President, Robert Mugabe, dies at 95

¹ The Economist Intelligence Unit. 2019. 'Global Liveability Index 2019'.

https://www.eiu.com/public/topical_report.aspx?campaignid=liveability2019

² The Economist Intelligence Unit. 2019. 'Safe Cities Index 2019'. <https://safecities.economist.com/wp-content/uploads/2019/08/Aug-5-ENG-NEC-Safe-Cities-2019-270x210-19-screen.pdf>

Former Zimbabwe President, Robert Mugabe, has died. Mugabe was a revolutionary leader who served as the Prime Minister of Zimbabwe from 1980 to 1987 and as the President from 1987 to 2017. Although he was initially celebrated for his role in fighting for Zimbabwe's independence during the white supremacist era, Mugabe's unending ruling, tyranny and alleged corruption, that emerged during the latter part of his rule, resulted in a military takeover in November 2017. He was succeeded by Emmerson Mnangagwa. Robert Mugabe's death has prompted a mixed reaction from Zimbabweans and people all over the world.

Withdraw Cash ACROSS ANY ATM Without A Card.

For Cardless Withdrawal Dial *7799*8*amount# and follow the Prompt. OR

1. Dial *7799#
2. Select 4 on the next page for cardless withdrawal
3. Enter Amount
4. Create a four digit cashout PIN
5. Enter USSD PIN
6. Cashout paycode is generated as a screen flash and sent via SMS



How to use the *Paycode* generated.

1. Go to any ATM stand
2. Press any button and you will be required to input the Paycode
3. Enter the Paycode (Code ranges from 8-12 digits)
4. Enter the four digit Cashout PIN (NOT your USSD PIN)
5. Enter the Amount tied to the code
6. The cash is dispensed.

Social Corner

Andreescu defeats Serena Williams in 2019 U.S Open

- The US open women's singles final, which held on September 7, witnessed the making of history as a nineteen year old Canadian, Bianca Andreescu, defeated 23 time major champion Serena Williams.
- The teenager became the first Canadian woman to win a Slam singles title in the Open era. She also became the sixth woman to reach a major final in four main draw appearances or less. Andreescu will now soar into the Women's Tennis Association's Top 5. Her new ranking of fifth is the highest ranking ever achieved by a Canadian woman.



Apple unveils new iPhone, Apple Watch and Apple TV+

- Multinational technology company, Apple Inc., has unveiled three new smartphones: iPhone 11, iPhone 11 Pro and iPhone 11 Pro Max.
- The iPhone 11, which has a 6.1-inch screen, features a dual-camera system, a long lasting battery and the fastest chip in a smartphone (A13 Bionic). The smartphone would be available for purchase in-stores from September 20 and cost \$699.
- Other variations of the iPhone 11 – iPhone 11 Pro and iPhone 11 Pro Max – would be available for \$999 and \$1,099 respectively.
- Apple also introduced its Apple Watch 5 series (available for \$399 for the GPS model and \$499 for the cellular version), Apple TV+ (subscription for \$5 per month), and its 7th generation iPad (available for \$329).



unity
bank



Start saving
for your **Child's future**

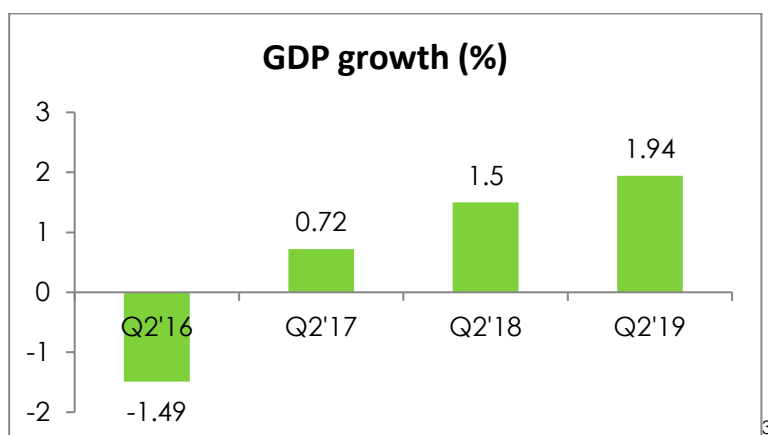
Open a UnityKids Account for your child today



Main Report

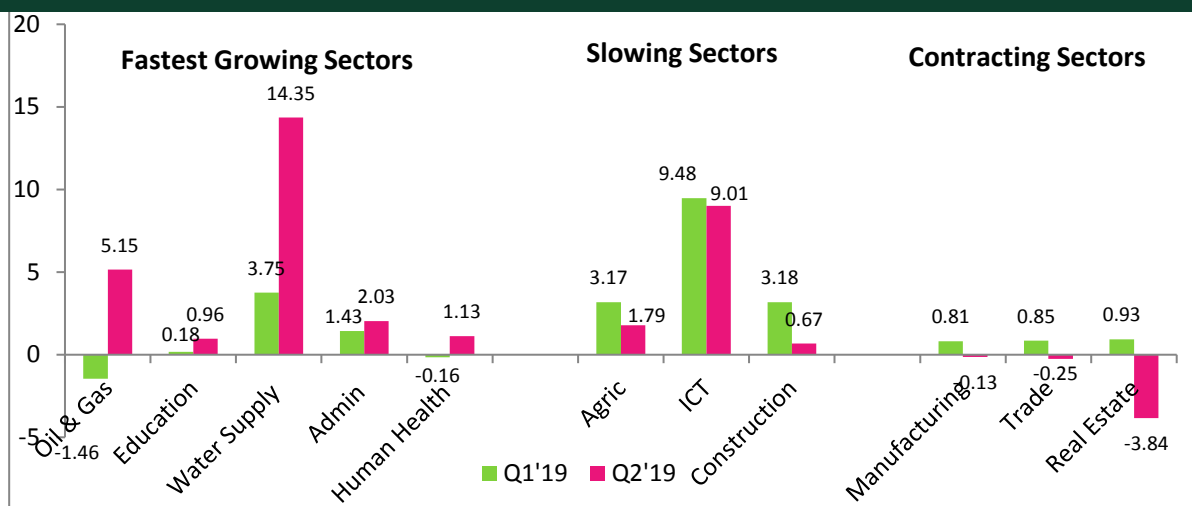
Q2 GDP slows to 1.94%

- According to the NBS, real GDP growth in Q2'19 declined by 0.16% to 1.94% from the revised growth rate of 2.1% in Q1'19.
- Although the growth is the strongest Q2 GDP expansion since 2015, it is still lower than analysts expected. The average growth in 2019 (Q1+Q2) of 2.02% is 0.28% below the IMF forecast of 2.3%.



- A sector breakdown of the report shows that the fastest growing sectors in Q2'19 include oil and gas (5.15%), education (0.96%), water supply and sewage (14.35%), and administration (2.03%). On the other hand, interest rate sensitive and employment elastic sectors such as agriculture (1.79%) and construction (0.67%) recorded a slower growth rate in Q2'19.

³ NBS



Analysis & Outlook

The contracting activities this quarter were mainly those that are labour intensive and interest-rate sensitive. The slowdown in the growth rate could be largely attributed to seasonal factors. Q2 is usually the planting season of most agricultural commodities, thereby creating scarcity and pushing up prices. However, the harvest season for most commodities is in the third quarter. This should have a positive impact on agricultural output. Also, as the newly formed cabinet sets out to implement the 2019 budget, the construction and real estate sectors also stand to benefit from capital spends. Hence, we project expansion in Q3'19 growth rate.

Capital inflows into Nigeria down 31.4% to \$5.8 billion in Q2'19

- The total value of capital importation into Nigeria fell by 31.4% to \$5.8 billion in Q2'19 compared to \$8.49 billion in Q1'19.
- A further breakdown showed an 8.41% decrease in foreign direct investment quarter-on-quarter (q/q) to \$222.89 million. Likewise, portfolio investments declined sharply by 40% q/q to \$4.29 billion while other investments grew by 18.18% q/q to \$1.30 billion.
- Portfolio investments remained the largest receiver of capital inflow. It accounted for 73.76% of the total followed by other investment at 22.41% and foreign direct investment at 3.83%
- On a country by country basis, the largest source of capital investment into Nigeria was from the United Kingdom (\$3.13 billion) followed by the United States (\$1.15 billion), the United Arab Emirates (\$344 million) and South Africa (\$314 million).

⁴ NBS

Analysis & Outlook

Three of the top four sources of capital investment are currently going through periods of uncertainty. The United Kingdom's Brexit plan remains unclear; the US remains deeply embroiled in a trade war; and xenophobic incidents are on the rise in South Africa. These events could slow growth in all three countries with ripple effects on the regional and global economy. They could also limit the capital imports originating from these countries in subsequent quarters.

Business Update

(Review Period: 2nd – 13th September 2019)

The Forex Market

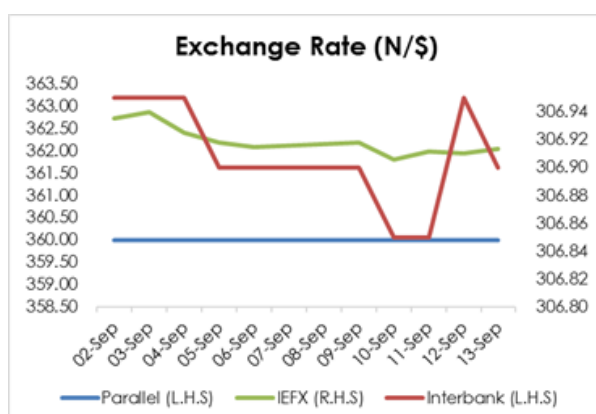
During the review period, the naira traded flat against the dollar at N360/\$ at the parallel market. The stability in the exchange rate could partly be attributed to the increase in the CBN's forex intervention. The apex bank intervened with a total of \$531.11 million during the review period, 8.38 % (\$41.07mn) higher than \$490.04 million in the first half of August. The naira strengthened against the euro by 0.51% to close at N396/€ while it weakened against the pound by 1.11% to close the period at N450/£.

At the interbank market, the currency appreciated marginally by 0.02% to N306.90/\$ on September 13th from N306.95/\$ on September 2nd. Similarly, the naira appreciated at the IEFX window by 0.19% to N362.04/\$ from N362.73/\$ at the beginning of the review period. There was a decline in activities at the I&E window as evidenced by the 25.4% reduction in total forex traded to \$2.38billion compared to the \$3.19billion traded in the corresponding period in August.

Nigeria's gross external reserves level continued its downward trend within the first half of September. External reserves lost 1.20% to \$42.84billion at the end of the review period from \$43.36billion at the start of the review period. Nigeria's import cover declined to 10.67 months from 10.80 months on September 2nd.

Outlook & Implications

We expect the naira to come under pressure in the coming weeks. Demand pressures would come from tuition fees from international students. However, we expect the CBN to continue its forex intervention strategy.



SOURCE: CBN, FMDQ

The Money Market

During the review period, the average liquidity within the banking system decreased by 136.25% to N182.84 billion positive from the position of N209.03 billion positive recorded in the first half of August.

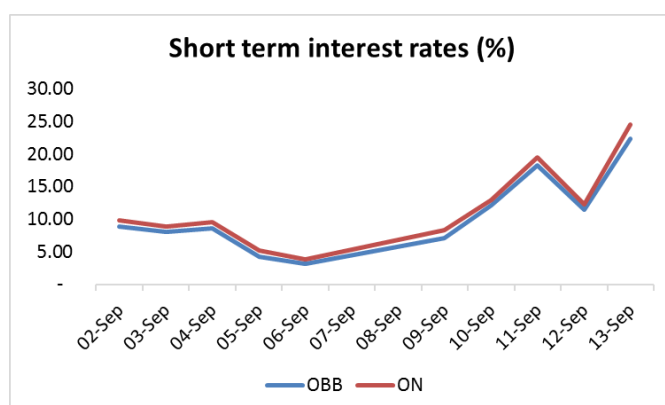
Total OMO repayments of N1.07trillion outweighed total OMO sales worth N750.14billion. This resulted in a net inflow of N319.86billion. During the review period, short-term interest rates (OBB & ON) swung between 3%-22% pa, closing the period at 22.43% pa and 24.57% pa respectively. Total FAAC disbursement in August was N769.52billion, 0.92% higher than the total allocation of N762.5billion recorded in the previous month.

There was a primary market auction of approximately N158.65billion on September 11th. The 182-day and 364-day rates increased by an average of 31bps. The 91-day tenor remained flat at 11.1% pa. At the secondary market, the 91-day, 182-day and 364-day tenors declined by an average of 103bps to close the period at 11.88%pa, 12.14%pa and 13.33%pa respectively.

In the same vein, the Nigerian Inter-Bank Treasury True Yield (NITTY) rates declined across all tenors by an average of 153bps.

SOURCE: FDC Think Tank, CBN, FMDQ

Tenor	NITTY rates as at September 2 nd , 2019 (%pa)	NITTY rates as at September 12 th , 2019 (%pa)	Change
30-day	13.31	11.93	-138bps
90-day	13.30	11.92	-138bps
180-day	14.48	12.65	-183bps



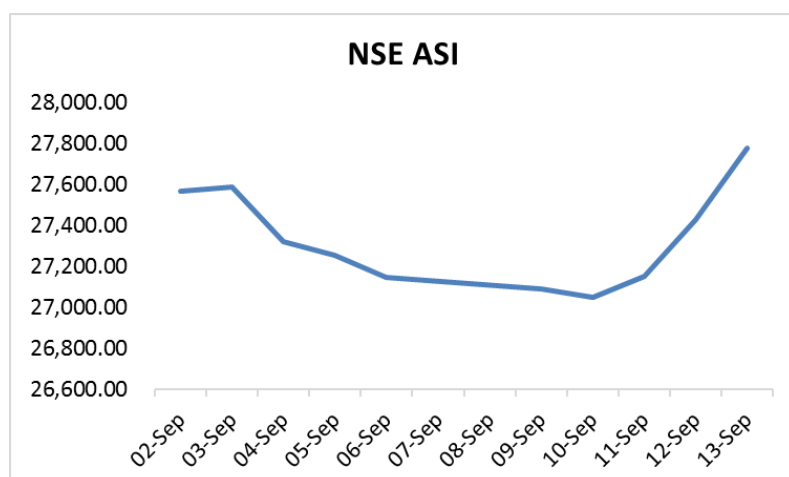
Tenor	Secondary market rates as of September 2 nd , 2019(%pa)	Secondary market rates as of September 13 th , 2019 (%pa)	% change	Primary market rates as of August 28 th , 2019(%pa)	Primary market rates as of September 11 th , 2019(%pa)	% change
91-day	13.00	11.88	-1.12	11.10	11.10	-
182-day	13.60	12.14	-1.46	11.59	11.80	0.21
364-day	13.85	13.33	-0.52	12.89	13.29	0.40

The Stock Market

The Nigerian Stock Exchange All Share Index (NSE ASI) increased by 0.78% to close the review period at 27,779pts from 27,565.09 pts on September 2nd. Similarly, market capitalization inched up by 0.82% to N13.52 trillion on September 16th from N13.41 trillion on September 2nd. The market's current YTD return is currently at -11.62%. The market recorded 5 positive trading days and 5 negative days.

Outlook & Implications

We expect investor profit-taking activities to reverse the market's positive performance in the coming weeks.



SOURCE: NSE

The Commodities Market

- **Brent** price increased by 6.70% to a 6-week high of \$62.59pb on September 9 from \$58.66pb at the start of the review period before crashing by 3.79% to close the period at \$60.22pb on September 13 due to expectation of US/Iran talks.

Outlook & Implications

- We expect oil prices to increase in the coming weeks due to an attack on Saudi Arabia's oil facilities. An increase in the price of oil will boost government revenue as well as fiscal stimulus.
- **Natural gas** prices jumped by 10.59% during the review period to close at \$2.61/mmbtu, from \$2.36/mmbtu at the beginning of review period as a result of an increase in global demand.

Outlook & Implications

- Prices are likely to take a downturn in the near term due to ample supply in the US. LNG is Nigeria's second main export; lower prices will have a negative impact on the country's export earnings.
- **Corn** prices increased by 2.15% to close at \$368.75/bushel from \$361/bushel at the beginning of the review period due to unfavourable crop condition in the US.

Outlook & Implications

- Prices are expected to continue their upward trend in the near term due to lower US corn output. Nigeria is a net importer of corn. A decline in corn prices will reduce the country's import bill.
- **Wheat** prices increased by 6.62% to \$483.5/bushel on September 13th from \$453.50/bushel on September 2nd due to expectations of adverse weather conditions in Australia.

Outlook & Implications

- Bumper harvest in France is expected to push down the prices of wheat in the coming weeks. Nigeria imports approximately 3% of global wheat output. A decline in the price of wheat will reduce the cost of production for wheat dependent firms such as Flourmils and Honeywell.

- **Sugar** prices rose by 6.70% to close the period at \$11.94/pound from \$11.19/pound at the start of the review period as a result of a decrease in sugar inventory level in India.

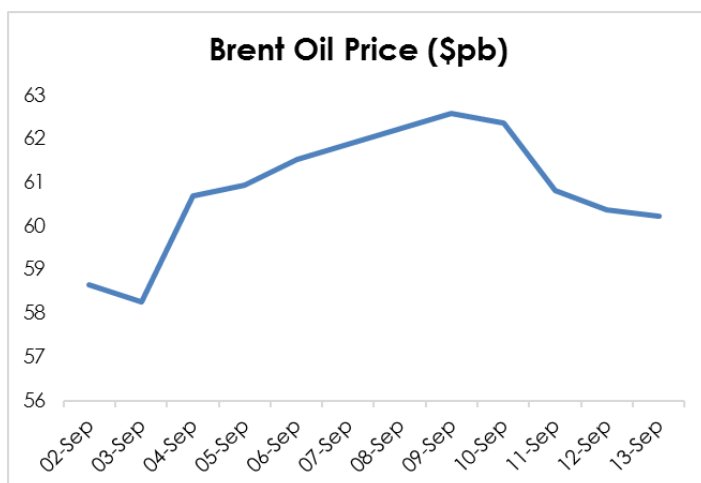
Outlook & Implications

- Prices are expected to maintain the current trend due to a decline in the cane acreage in India. Nigeria is a net importer of sugar. A decline in prices will reduce the production cost for sugar-producing companies like Dangote.

- **Cocoa** prices increased by 4.10% from \$2,245/mt at the start of the review period to \$2,337/mt at the end of the review period, as a result of diseases affecting crops in Ghana and Ivory Coast.

Outlook & Implications

- We expect cocoa prices to continue its upward movement due to expectations of lower cocoa output in Indonesia, the third largest exporter of Cocoa. An increase in the price of cocoa will push up Nigeria's export revenue.



SOURCE: Bloomberg, EIA, Newsnow

UNITY BANK PARTNERS BINKABI FOR AGRO COMMODITY TRADE PLATFORM LAUNCH

Unity Bank Plc has gone into partnership with Binkabi, a blockchain-based commodity trading network, to improve lending to the agriculture sector in the country.

Binkabi's blockchain-based solution would provide value to farmers and SMEs by offering quality storage for grains and farm produce that are classified as commodities. It would also create a marketplace for connecting end-buyers and end-sellers of commodities and enable farmers and SMEs to access finance. The partnership with Unity Bank is also expected to give Unity Bank customers an avenue to easily access loans from the bank.

The Executive Director, Risk Management & Compliance, Unity Bank Plc, Usman Abdulqadir, said the collaboration would also help to provide end-to-end solutions for farmers and the entire agribusiness value chain.

Abdulqadir, who spoke at the launch of the agro commodities trade platform, said, "By way of strategy, we look at the various value chains across the agric sector, and while some banks prefer to concentrate on certain types of customers – the very big ones with little or no risk exposure – we lend across the entire value chain".

"What we are doing today is just to integrate the various components of the value chain into one single entity to have an integrated approach to funding the agric sector. We have a huge portfolio of primary production; as we speak today, about 40 percent of our entire loan portfolio is in one aspect of agriculture or the other. We are the leading bank in funding primary production; we are also deepening agriculture mechanization."

He said, "We welcome the partnership with Binkabi because it is a platform for bringing all players in the sector into one space and increasing transparency in the system so that there is price discovery. It is also bringing in liquidity into the market and naturally making things easier.

The Top Management of the Bank led by ED, South Bank Temisan Tuedor and ED, Risk Management & Compliance Usman Abdulqadir, as well as officials of Binkabi, Quan Le & Maurui Tang also addressed the members of Press in attendance.



unity
bank



**WHEREVER
YOUR BUSINESS
TAKES YOU...**



Unity Platinum Card makes you feel at home!

www.unitybankng.com

...Succeeding Together.

Lifestyle



Maintain a Healthy Lifestyle While Working a 9 to 5

Culled from The WerkLife⁵

Maintaining a healthy lifestyle can be difficult to achieve in and of itself, so there's no question that staying healthy is even more tough when you're working a full-time job. For those of us that are 'fortunate' enough to be working a 9-5; it can be hard making it to the gym post rush-hour traffic on your way home; or trying to cook a healthy dinner after a long sluggish day. But it doesn't have to be that way.

If we reverse engineer our current methods of postponing "the healthy stuff" until after work; and instead incorporate it in our actual workday – staying healthy might be a bit more attainable than you think. A few small habits go a long way, and can lead up to not just "getting fit", but creating a healthy lifestyle that keeps you balanced.

1. Pack your lunch

Rule number 1 for all of my fellow corporettes: Pack. Your. Lunch.

You've heard it before and I'll gladly say it again: the easiest way to stay healthy while working full-time, is to bring your own, nutritious lunch. Let's walk through some of the pros and cons of bringing your lunch to work:

Pros:

- Pack the healthy food you want, according to your preferences
- Eat a properly portioned and healthy meal

⁵ Full version available at <https://www.thewerklife.com/healthy-lifestyle-9-5/>

- Save money... a LOT of money.

In other words: win-win-win.

Cons:

- You don't get to go out for lunch with that one co-worker you don't like that much anyway.

(Sounds more like a pro, if you ask me.)

What people often struggle with the most, however, is actually finding the time to pack their lunch. After a long day at work, no, you're not going to want to come home and scrummage through your tupperware to pack a lunch for the next day. So don't. Leave the heavy lifting (aka lunch packing) for a time you're full of energy: Sunday's.

2. Bring your water bottle with you, everywhere

We should all be consuming a minimum of 8 cups of fluids a day. Now since I'm sure we've all got a bit of "overachiever-fever" in us, why not down a few more cups? It's important for us to stay hydrated even while we're sitting at our desks all day.

How to: Watch out cellphone, we've got a new important *thang* we're taking everywhere with us: our water bottles. Everywhere we go, our water bottle comes too. You'll gradually get into the habit of sipping throughout the day and refilling, and you'll begin to notice yourself drinking more and more water overtime. Want to keep it interesting? Set yourself up for a challenge. Tell yourself you're going to consume X bottles of water before 5pm, and track it. This'll keep you motivated and encouraged, but most importantly, hydrated.

3. Fit your workout in

Calling all commuters! This one's for you. Fitting a workout into your day can be tough, especially when you've got a 45+ minute commute each day to the office. But for those of you that don't have a long commute, you might still struggle with finding the perfect combination of timing x high energy to get a workout in. Commuter or not, we've got your covered.



How to: Find the best time that works for you to fit in a gym session, and stick to it. I'm highlighting some of the best ways below to sneak a workout in to your oh-so-busy day:

- a. *First thing in the morning.* We're talking pre-breakfast, pre-work, and pre-anything! Hit the gym first thing in the morning and get it out of the way. Now if you're already struggling to wake up in the mornings, this one's going to take some practice. If you've got a long commute -this one's likely not for you (Refer to the other points below).
- b. *During lunch.* If you're lucky enough to have a gym right near your office, take a lunch break and go get your sweat on. It's an easy way to make sure you get to the gym given that it allows you to get out of the office for a bit too. Too much work and can't leave the office? We've got a few other options that'll work for you.
- c. *Immediately after work.* No, this doesn't mean go home, eat dinner, relax, and then if you feel like going you go. We're talking straight from the office to the gym. Have your bag packed (along with some additional snacks) and bring it with you. Make this part of your routine. For those of you that commute by driving and often get stuck in rush-hour traffic – this is a perfect way to get your workout in while avoiding the rush. Join a gym right near your office and go straight after your workday. Once you're done your workout, you've beat the rush hour traffic and you'll get home with no time wasted and a workout complete!

4. Put yourself first

By now, you've got your lunches packed, your water-bottle filled, and your gym bag all set for a sweaty workout. But there's just one more thing you need to help maintain that healthy lifestyle while working full-time, and that's mindset.

Your mental health is important. Throughout your workday, it's important for you to pay attention to how and what you're feeling, and put yourself first. Remember that work is work, and your health always trumps any major deadline or big deliverable you've got going on. If you push yourself past your limits, you will burnout as a result. Stress, fatigue, and anxiety are all signs that you might just need a break. Observe yourself, be aware, and listen to your body, because nothing is as important as your well-being.

Just remember: caring for your mind is just as important as caring for your body – one can't be healthy without the other.

Contact Information

Would you like to open an account with us?

Kindly direct all account opening enquiries to:

Nosakhare Omoigui

08078148762, 08160956889

nomoigui@unitybankng.com

For all other enquiries, contact:

Phone number: 07080666000 / 07057323225-30

Email address: we_care@unitybankng.com

Website: www.unitybankng.com

Address:

Unity Bank Plc

Plot 42, Ahmed Onibudo Street

Victoria Island

Lagos

Connect with us on Social Media:

@UnityBankPlc



IMPORTANT DISCLAIMER: *This commentary has been prepared by UNITY BANK. Opinions and any other content including data and market commentary in this document are provided by us for personal use and informational purposes only. Nothing contained in this document constitutes investment, legal, tax or other advice and is not to be relied on in making an investment or other decision. Any pricing included in this communication is indicative and is not intended as an offer or solicitation for the purchase or sale of any financial instrument. The information contained herein has been obtained from sources believed to be reliable but UNITY BANK does not represent or warrant that it is accurate and complete. Neither UNITY BANK, nor any officer or employee thereof accepts any liability whatsoever for any direct or consequential loss arising from any use of this publication or its contents. Any securities recommendations made herein may not be suitable for all investors. Past performance is no guarantee of future returns. Any modelling or back-testing data contained in this document is not intended to be a statement as to future performance. UNITY BANK is incorporated as a public limited liability company in Nigeria and is regulated by the central bank of Nigeria (CBN)*