

#TrySomethingNew with Fuze tea

Fuze tea recently launched the #TrySomethingNew challenge across social media, and invited consumers to make this philosophy their New Year's resolution.



"We learn so much about ourselves when we push beyond our normal comfort zones and shake up our day to day activities," says Fuze tea™ Brand Manager, Madeleine Colling. "Often it's when we look for the fun and beauty in the simplest moments that we find our perspective changed for the better."

Since its inception, adventurous and dynamic individuals across South Africa have shown their unbridled zest for life by making sure they #TrySomethingNew every day and sharing their challenges with friends across Facebook and Twitter.

The challenges range from simple activities that can easily be performed at home, to those requiring more effort and dedication. Here are some of the challenges that you can try:

- Spring clean your social media account
- Spend the day being a tourist in your city
- Ask the waiter to pick your meal
- Try to purchase something without using money
- Get up early and photograph the sunrise

- Do something that scares you

Visit try.fuzetea.co.za/ to get in on the action and the join the conversation on Twitter [@FuzeTea](https://twitter.com/FuzeTea) and [#TrySomethingNew](https://twitter.com/HashtagTrySomethingNew), and Facebook: [Fuze tea](https://www.facebook.com/fuzetea).

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