

# TOP TIP

Nurture your body's immune system by:

1. Eating 5-9 servings of fruits and veggies every day.
2. Keeping well-hydrated with water.
3. Exercising every day for 30 minutes.
4. Ensuring good quality sleep.
5. Minimising your stress levels.



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)