

# TOP TIP

Small changes lead to big differences.

**Step 1:** Plan goals that are realistic.

**Step 2:** Create mini-steps towards reaching these goals.

**Step 3:** Start with one new healthy habit and build on this.

**Step 4:** Involve a friend/family member to encourage you.

**Step 5:** Don't be afraid to ask for support.



**FOR FREE DIETARY ADVICE,**

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