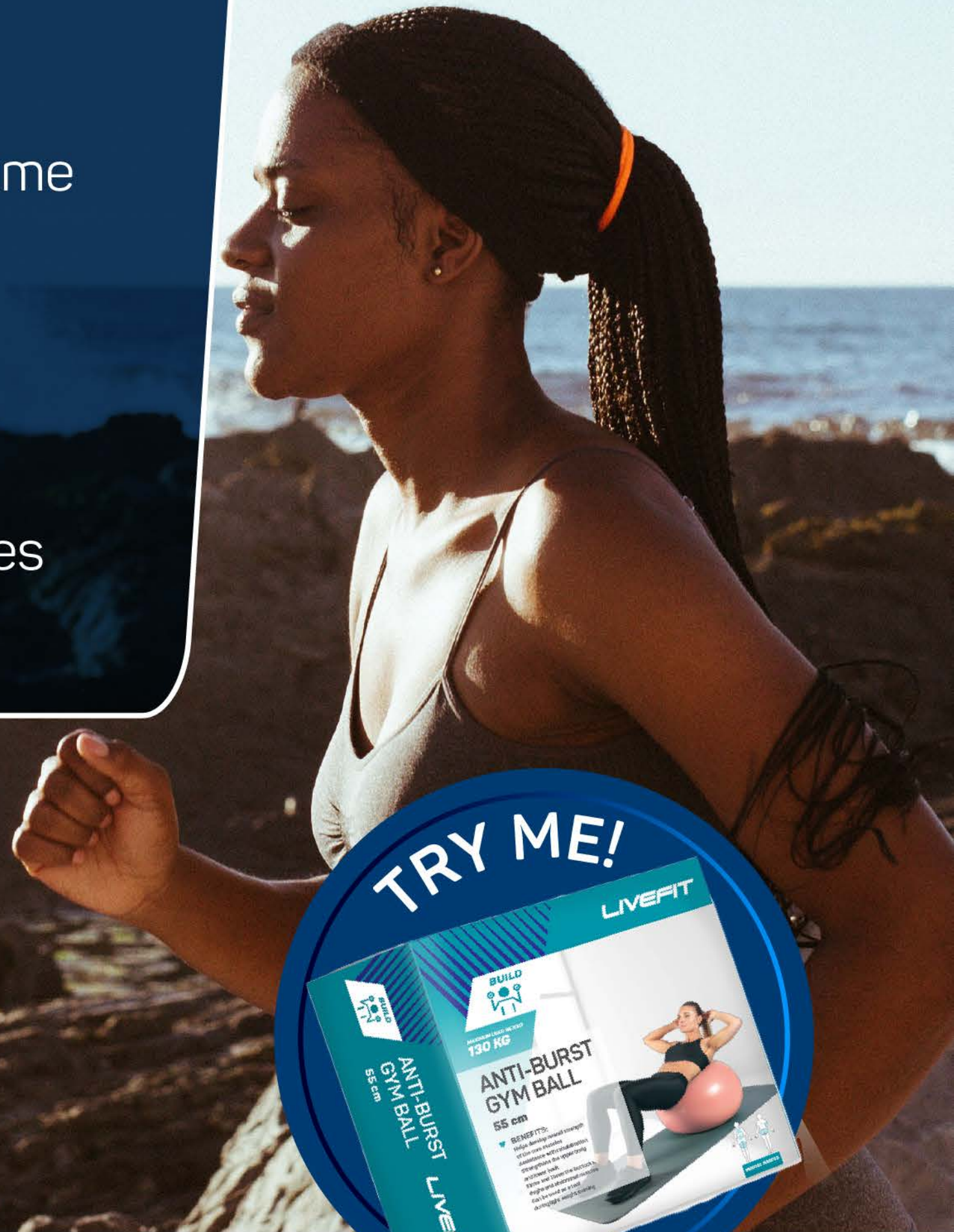


TOP TIP

Benefits of regular exercise:

- Helps you control your weight
- Reduces risk of heart disease, some cancers and diabetes
- Improves mood and self-esteem
- Better quality of sleep
- Gives you more energy
- Strengthens your bones and tones muscles



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za