

# TOP TIP

Do you feel too tired to exercise after a day of work?

You should try to exercise in the mornings so it is done for the day or make your lunchtime count and take a brisk walk during your lunch break.

Believe it or not, planning a regular half an hour of exercise every day can improve your sleep and energy levels - it is honestly one of the best gifts you can give yourself.



**FOR FREE DIETARY ADVICE,**

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