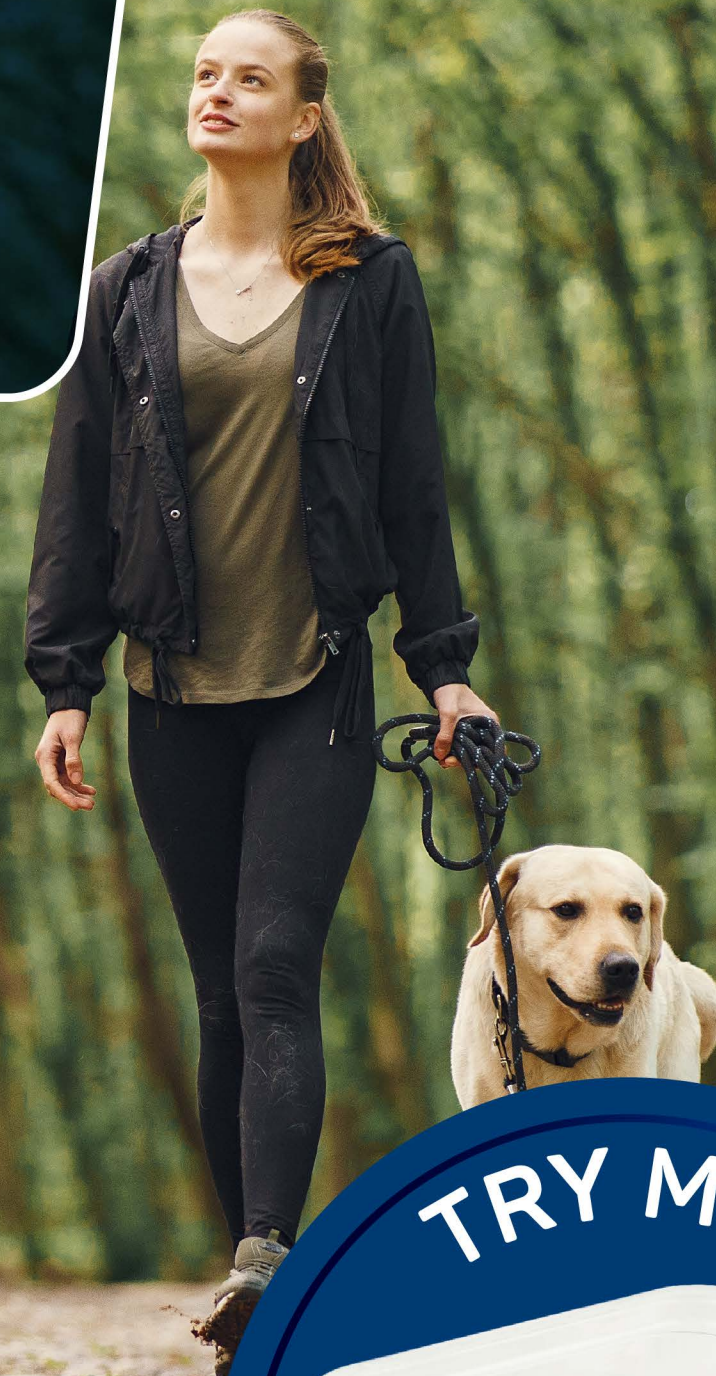


TOP TIP

A short walk around the block or even 10 minutes of dancing can make you more sensitive to insulin, which means your blood glucose will be more stable.



TRY ME!



FOR FREE DIETARY ADVICE,

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