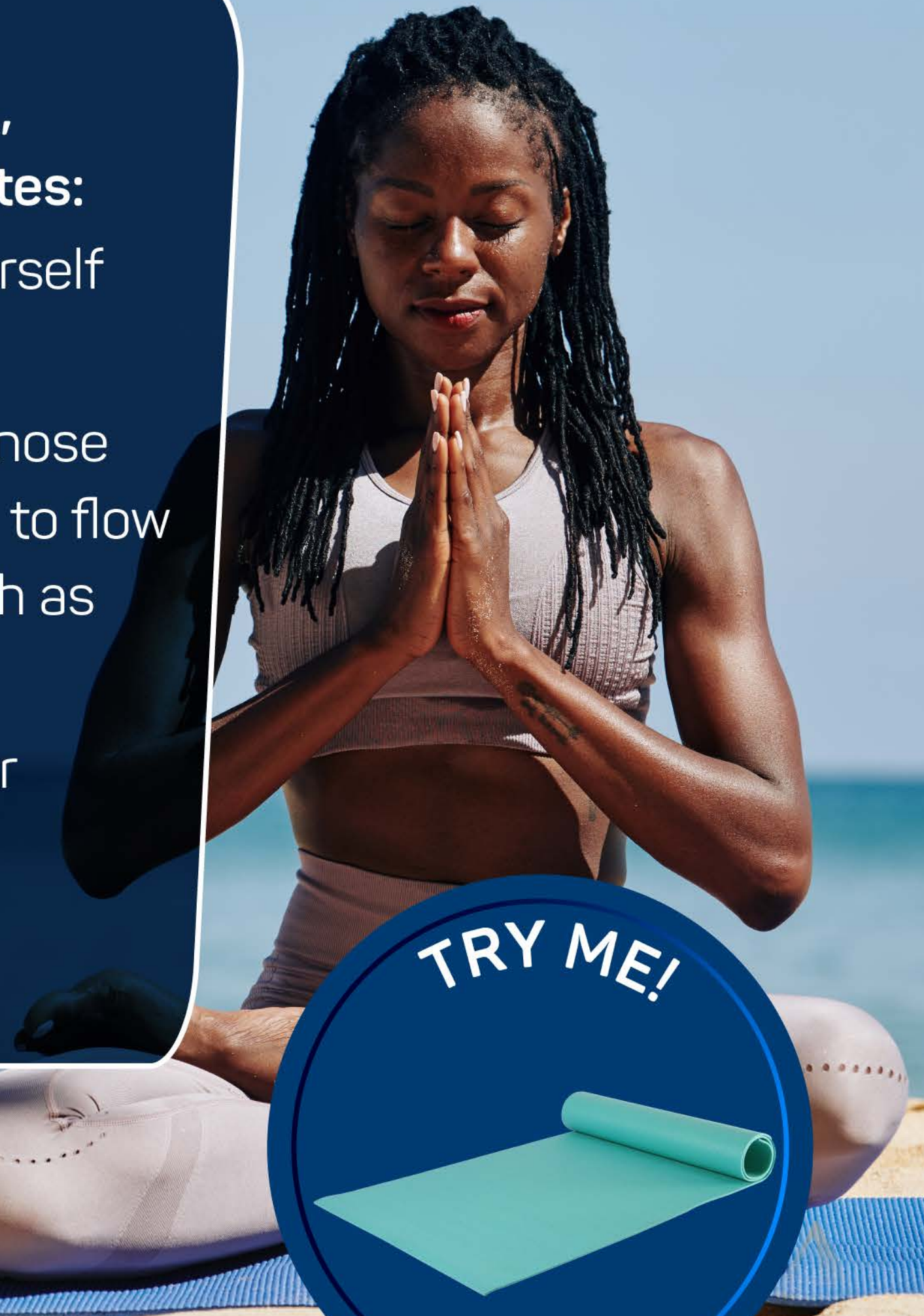


TOP TIP

Try this breathing exercise sitting, standing or lying down for 5 minutes:

1. Wear loose clothes and get yourself comfortable.
2. Breathe in gently through your nose for 5 counts - allow your breath to flow as deep down into your stomach as possible without forcing it.
3. Breathe out gently through your mouth for 5 counts.

Do this regularly.



FOR FREE DIETARY ADVICE,

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