

TOP TIP

The new year always brings a new opportunity for change. Here are 5 simple steps to making this year your healthiest yet:

1. Set up a medical check-up with your doctor or clinic sister.
2. Get moving more.
3. Rest when you need it.
4. Eat well and hydrate more.
5. Nurture your emotional health.



FOR FREE DIETARY ADVICE,

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