TOP TIP

DID YOU KNOW?

Your risk of high blood pressure increases if:

1. You have a family history of hypertension.
2. You suffer from chronic stress.
3. You smoke and/or drink alcohol excessively.
4. You do not exercise regularly.
5. You are overweight.
6. Your diet is high in salt.

TRY ME!

FOR FREE DIETARY ADVICE,

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