

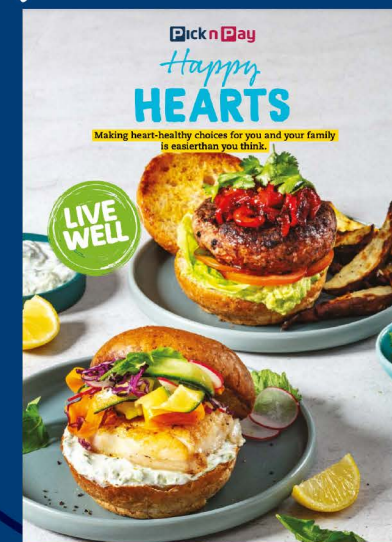
TOP TIP

To lower your risk for heart disease, be aware of these important measurements:

- Waist circumference should be no more than 88cm for women and 102cm for men.
- Waist-to-hip ratio should be no more than 0.85 for women and 0.90 for men.



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