

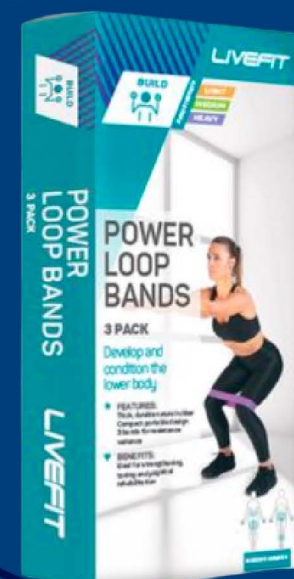
# TOP TIP

## Why exercise?

- It helps with weight control
- It can help prevent heart disease
- It can prevent or help manage other health conditions, such as stroke, diabetes and depression
- It can improve mood and self-esteem
- It boosts your energy



TRY ME!



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)