

TOP TIP

Happy Healthy Lifestyle Awareness Day

Maintain a healthy lifestyle by following 4 key pillars:

Pillar 1: Eat healthy foods

Pillar 2: Do regular physical activity

Pillar 3: Manage your stress levels

Pillar 4: Get a good night's sleep

Healthy Lifestyle
AWARENESS DAY



For free dietary advice,

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