

## TOP TIP

### Maintain a healthy lifestyle

#### PILLAR 3

Stress causes a release of cortisol and adrenaline in the body which can affect your body's ability to fight off illness. A balanced and healthy lifestyle can help you to experience less stress.



TRY ME!

**For free dietary advice,**  
contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)