

Choose well to live well!

BE ACTIVE EVERY DAY!



Being active is an important part of living a healthy life. Exercise can be fun, especially with your friends or family. Choosing to do exercise every day can help you sleep better, have more energy and make you happier!

Try to do less of these activities:

Spending time on your phone.



Watching TV.



Sitting down for more than 30 minutes (without getting up or stretching).



Try these activities with your family once a week:



Go for a walk or a hike together.



Have a 'turn off the TV' day.



Play in the park together.

Try these activities with your friends once a week:

Go jogging together.



Dance together.



Play a sport together.



Try these activities on your own every day:



Skip for 10 minutes.



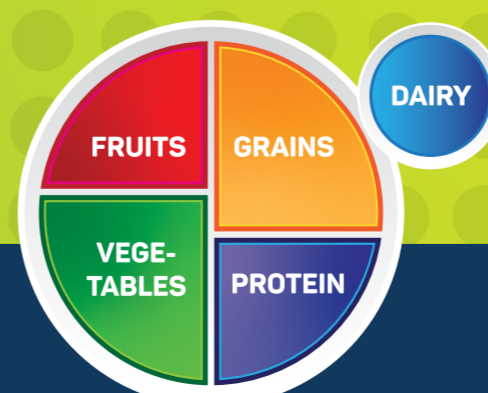
Balance on each foot for a minute.



Do jumping jacks (star jumps) for 10 minutes.



EXCLUSIVE TO **Pick n Pay**



PLAN YOUR PLATE

Pick n Pay
School Club