



You have one **life Live** it

February is healthy Lifestyle Awareness month

- ✓ Cut down on Sugar
- ✓ Lower your salt intake
- ✓ Limit Alcohol intake
- ✓ Increase intake of fruit and vegetables
- ✓ Exercise regularly
- ✓ Eat less processed foods
- ✓ Drink more water
- ✓ Get sufficient sleep
- ✓ Meditate
- ✓ Limit caffeine
- ✓ Limit fast food take outs
- ✓ Watch your blood pressure and cholesterol levels

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