

# DO JUST ONE THING... AND REAP BIG RESULTS

The trick to healthy living is to start with small changes to your daily routine. Top SA health experts weigh in.



## REPEAT TO YOURSELF: 'I CAN DO IT.'

'Your most important tool is a positive attitude. It improves outcomes and life satisfaction across a spectrum of conditions leading to better health. The key to achieving better health is to choose a routine, that suits your lifestyle. Know yourself and plan for pitfalls. You need dedication and you need to stick to the programme.

Do not become a slave to your negative thoughts. Missed opportunities will become regrets. Make every calorie count. Make your health a habit.'

– Professor Morgan Chetty, CEO, KZNDHC and Chairman, IPAF



## GET DESKERCISING!

► 'To minimise problems with repetitive strain of your hands, wrists and forearms, turn your hands "palms up" as often as you can to unwind the muscles.'  
– **Serena Chutergon, physiotherapist, Newcastle**

## WAIT 60 MINUTES

'Don't brush your teeth immediately after eating, especially if you've had an acidic meal. Citrus fruits, tomatoes and sports drinks can soften your tooth enamel so brushing at this stage can speed up acid's effect on your teeth. Rather wait for an hour before reaching for your toothbrush.'

– **Dr Hendrik Annandale, dentist, Bedford Gardens**

### HELPFUL INFORMATION



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### SPEAK UP

'If pap smears are always uncomfortable, ask your doctor to use a different size speculum.' – **Dr Nirvashni Dwarka, OBGYN, Mulbarton**



### PAY ATTENTION

'Learn how to read food labels. Avoid products with empty sugar calories and excessive fat.' – **Dr Owen Wiese, GP, Tygervalley**



### DITCH THE TAKE-AWAYS

Cooking with fresh ingredients that you know and understand will always be healthier than eating out or buying pre-made meals.'  
– **Dr Chris Ellis, GP, Pietermaritzburg**



### BE VISIONARY

'Protect your eyes with goggles when drilling or grinding, as metallic foreign bodies can land on the cornea or penetrate your eye.'  
– **Dr Mpopi Lenake, eye specialist, Somerset West**



## DO IT TOGETHER

Trying to lose weight? 'Statistics show we enter into marriage with similar weight statuses and then mirror each other's weight changes over time. Obesity risk is shared between partners, yet existing weight-loss programmes focus on individuals and not couples. When you diet, you're more likely to be successful if your partner is on board. Try the low-VAT diet for starters: You will consume more unprocessed whole foods. These include 20 food items that don't incur VAT including maize meal, rice, brown bread, fruit, vegetables, samp and vegetable oil.'

– **Irene Labuschagne, principle dietician at the Nutrition Information Centre, Stellenbosch University**