

LEVEL UP YOUR LIFESTYLE WITH 'Just one more'



They say that putting on extra layers can help you to stay warm and healthy in winter – unfortunately, they don't mean an extra layer of yourself. If your pants have been feeling a little snug or you're blaming the washing machine for 'shrinking' your jersey, this one is for you.

Jokes aside, over half of adult South Africans are living with overweight or obesity*, which can increase the risk of heart disease, diabetes and cancer, among other illnesses. The good news is that it's never too late to trade in those unhealthy habits for some fresh ones, and OMSMAF is here to help you spark a new outlook on healthy choices.

No matter how you slice this pie, a holistic view of your wellbeing always includes two core ingredients: nutrition and exercise. Relax though, this is not about getting tough on yourself. You can put aside the playbook on extreme diets and punishing training sessions with a clear conscience, because this is about small, consistent decisions that add up to a bigger picture where you feel happier and healthier. Sounds pretty good already, right?



***PLEASE REMEMBER:** If you have a health condition, you should always consult your doctor before making changes to your diet and exercise routine.

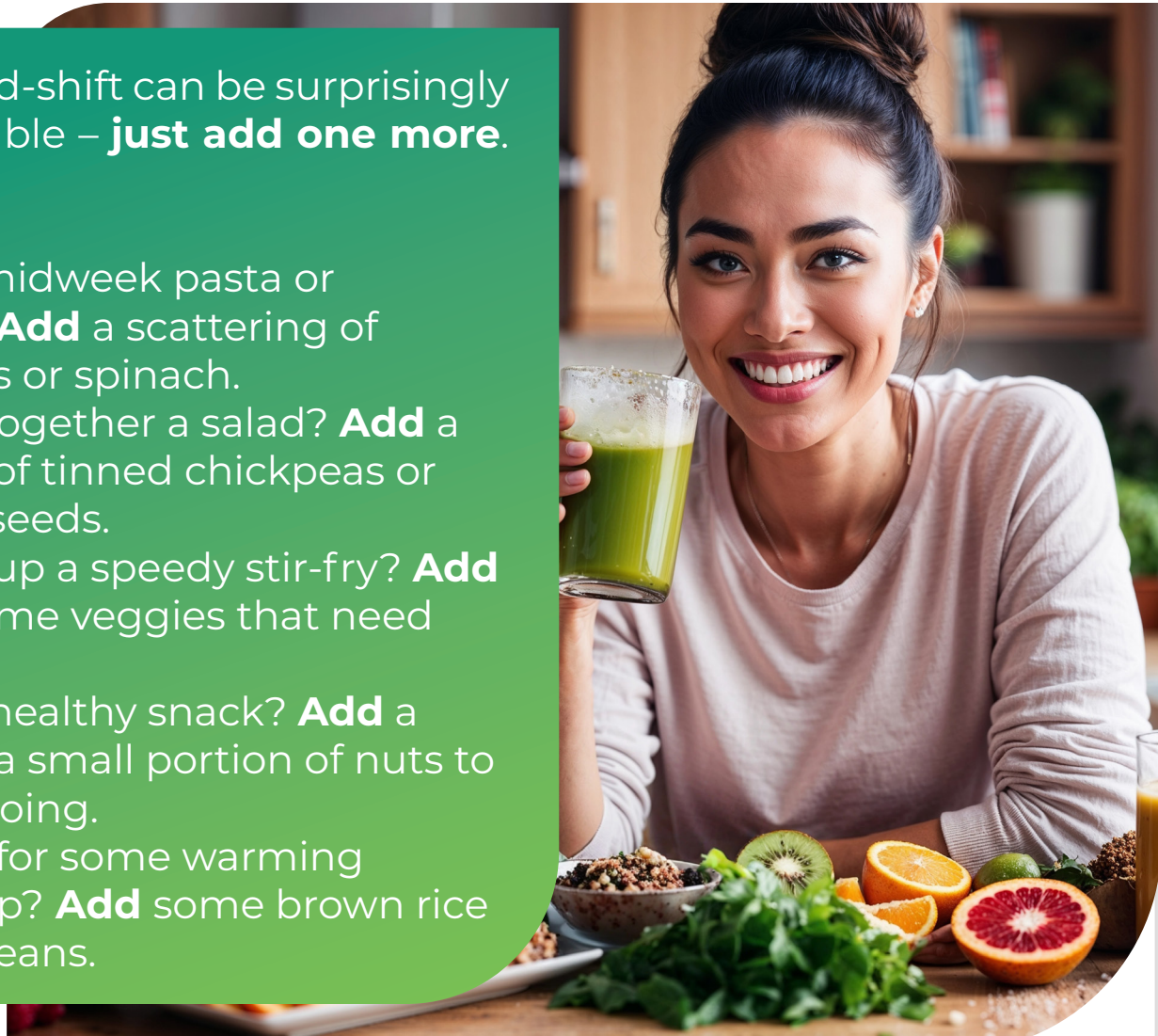
Just one more...

Ready to eat your way to wellness? Bring on the **'just one more'** challenge! Hold on, put away the biscuit tin – it's not that kind of challenge. We're talking about simply stacking up your plant-based foods with fresh fruit, colourful veg, satisfying legumes, wholegrains, seeds and nuts.

Tipping the scales more towards natural plant-based options has been shown to reduce your risk of those unwanted conditions mentioned earlier – cardiac disease, diabetes, cancer and many others. This doesn't mean you have to become vegetarian or vegan, it's about powering up a variety of plant-based food sources in your diet. What's the easiest way to begin? Try to add **just one more** fresh fruit, vegetable, legume, wholegrain, and occasionally seeds or nuts, to **every** meal and snack.

Making this mind-shift can be surprisingly easy and affordable – **just add one more**. Check it out:

- +** Making a midweek pasta or casserole? **Add** a scattering of frozen peas or spinach.
- +** Throwing together a salad? **Add** a scattering of tinned chickpeas or sunflower seeds.
- +** Whipping up a speedy stir-fry? **Add** any lonesome veggies that need using up.
- +** Packing a healthy snack? **Add** a banana or a small portion of nuts to keep you going.
- +** Settling in for some warming veggie soup? **Add** some brown rice or butter beans.



You get the idea. And in case you didn't know by now, all OMSMAF members have access to a nutritional assessment and healthy eating plan in consultation with a registered dietitian. And the great news is that these assessments don't pay from your day to day benefits but rather from your risk benefits... so, essentially, the consultations are on us. Call **0860 100 076** to speak to a skilled Consultant about this exceptional benefit. Alternatively, email enquiries@omsmaf.co.za to request assistance in registering on the Nutritional Assessment and Healthy Eating Plan Programme.

Moving, grooving... it all adds up!

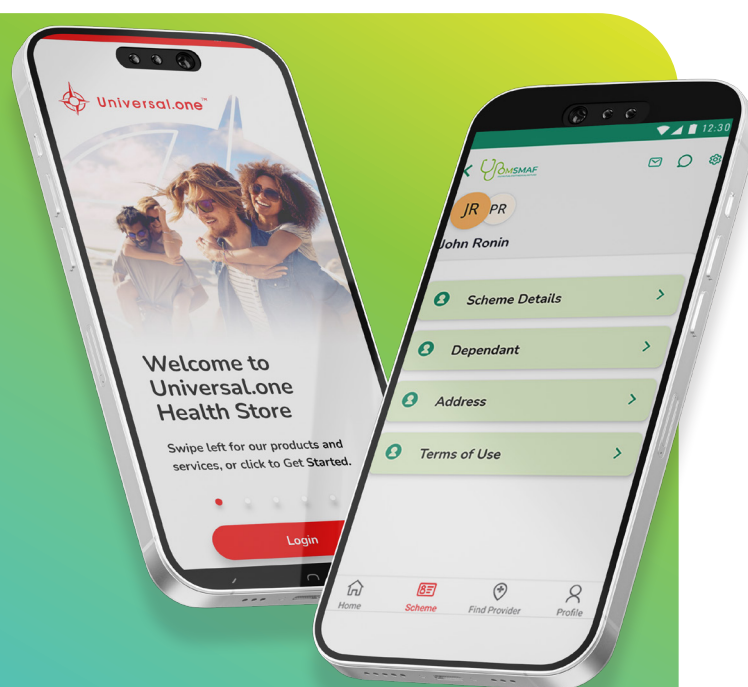
You can get more out of your daily exercise by adding **'just one more'** physical activity along the way. Many people find it difficult to stick to scheduled workout sessions, but daily life is full of opportunities to move more. Start by challenging yourself to walk **just one more** block, climb **just one more** flight of stairs, sweep up **just one more** bag of leaves, tidy up **just one more** area in your home, or dance to **just one more** song with your children. That's right, housework, gardening and playing count!

Today's fitness culture can make wellness feel like a mountain to climb, but adding just a little more physical activity throughout each day can make a significant difference. Exercise can also boost your immunity, help you sleep better (more on this soon!), and improve bone and muscle strength, contributing to your overall wellbeing in multiple ways. Simply **adding more movement**, like some gentle stretches during your bedtime routine, brings you one step closer to a brighter healthcare future, and we at OMSMAF are with you all the way!



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