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**BY JODIE PETER**

## PJ'S TOP TIPS

- Little changes – like leaving out the roast potato at dinner – go a long way.
- Never say, 'I'll start on Monday!' Now is the time to change to healthy eating habits.
- Mentally, you need to cultivate a good relationship with food.
- Watch out for sugar – and it's often hidden: a glass of juice has as much sugar as a can of a fizzy drink.
- Educate yourself about what is healthy and what is not, and be aware of what you put in your mouth.
- Most importantly, live your life and love yourself.