**Feel your best by adopting a holistic approach to healthy eating**

**Johannesburg - In our fast-paced lives, it's easy to prioritise convenience over nutritious meal choices that negatively impact our energy levels, mental well-being, and overall health. Adopting a holistic approach to healthy eating goes beyond strict diets or quick weight-loss methods. It's about finding balance and making lifestyle changes that support overall well-being.**

By understanding the significance of this approach, we can restore balance, achieve weight loss, enhance mental well-being, increase our energy levels, and cultivate a positive mindset. Let's explore the critical elements of a holistic approach to healthy eating and how these contribute to our well-being.

1. **Find the balance between pleasure and nourishment**

A holistic approach recognises the importance of enjoying our food while nourishing our bodies with wholesome choices. It's essential to strike a balance between nourishing meals and occasional indulgences. Consulting a healthcare professional, such as a dietitian or health and wellness coach, can guide your needs and considerations. They can help you navigate the journey of holistic self-care and conscious eating, ensuring you make informed choices about your nutrition.

1. **Mindful eating and listening to our bodies**

Practising mindful eating is vital to a holistic approach to healthy eating. By being present and attuned to our bodies' signals, we can determine how much and when to eat. Mindful eating involves savouring each bite, recognising hunger and fullness cues, and choosing foods that nourish and satisfy. This practice allows us to develop a deeper connection with our bodies and make conscious choices that support our overall well-being.

1. **Regular physical activity**

Maintaining a positive mindset and incorporating physical activity into our daily routines are vital components of a holistic approach. Engaging in activities we enjoy, such as walking, jogging, cycling, or dancing, not only aids in maintaining a healthy weight but also boosts mood, improves cardiovascular health, and enhances overall fitness. Choose a training programme that aligns with your body type and health objectives, and remember that consistency is vital to reaching your goals.

1. **Create a supportive environment**

Acknowledging that the journey to a healthier lifestyle may have setbacks and plateaus, it's important to remain resilient and avoid self-criticism. Surround yourself with like-minded individuals who offer encouragement and motivation on your journey. Remember that this is not just a physical transformation but a mental and emotional one. Prioritise your emotional self-care and create a supportive environment that fosters healthy eating habits.

1. **Embracing an 80/20 mindset**

Avoiding extremes and letting go of the pursuit of perfection is crucial in maintaining a sustainable approach to healthy eating. Set realistic health and wellness goals that are attainable and maintainable in the long run. Embrace the 80/20 mindset, prioritising healthy choices 80% of the time while allowing for flexibility and indulgences 20% of the time. This balance makes the journey enjoyable, enabling you to sustain healthy habits while enjoying occasional treats.

**Supporting your journey with Medshield Movement**

A holistic approach to healthy eating goes beyond mere calorie counting and strict diets. It encompasses listening to your mind and body to find balance. The process will help you achieve a balanced weight goal whilst fostering overall wellness, vitality and a harmonious relationship with food. Remember, it is a journey, and by taking small steps daily, you can significantly transform your health and well-being.

It's important to remember that you are not alone on this journey and to maintain a supportive mindset. With Medshield Medical Scheme by your side, you receive access to [Medshield Movement](https://medshieldmovement.co.za/). In this all-in-one online resource centre, you can access and enjoy the latest exercise videos, workout programmes, meal plans, live workouts and more. It provides everything you need to support your fitness journey, improve your health and your overall well-being.

Medshield, your trusted Partner for Life!

**FIN**

(622 words)

**EDITORS NOTES**

**FURTHER MEDIA INFORMATION AND INTERVIEW REQUESTS**

* Stone issues this release on behalf of the Medshield Medical Scheme.
* For media enquiries or interview requests, please contact Willem Eksteen, CEO of Stone or a media liaison member of the Stone team at [media@stone.consulting](mailto:media@stone.consulting) / 011 447 0168
* Alternatively, contact Lilané Swanepoel at Medshield at 010 597 4982 / [lilanes@medshield.co.za](mailto:lilanes@medshield.co.za)

**MORE INFORMATION ON THE 2023 MEDSHIELD BENEFIT OPTIONS AND CONTRIBUTIONS**

Benefits and Contribution amendments are subject to CMS approval.

Please refer to the 2023 Product Page on the Medshield website at <https://medshield.co.za/2023-benefit-options/>. You can review the benefit adjustments and value adds and download the 2023 benefit guides.

* **MediSwift** is an unlimited hospital plan that covers 100% of hospital procedures and allows active, healthy individuals the freedom to manage their own daily healthcare, with an added biokinetics and physiotherapy benefit for non-professional sportsmen and women.
* **MediCurve** is an affordable digital plan that enables young, healthy, tech-savvy, first-time medical aid buyers to cover without any financial strain on their day-to-day lives. MediCurve offers a bouquet of In-Hospital and Out-of-Hospital benefits with free, unlimited virtual Family Practitioner consultations through the Medshield SmartCare benefits.
* **Premium Plus** provides the most comprehensive cover with freedom of choice, including no network restrictions, 200% cover for specific in-hospital procedures and a Personal Savings Account to manage daily healthcare.
* **MediCore** is more than just a comprehensive hospital benefit. It accommodates your current and future medical needs by allowing you the flexibility to manage your daily healthcare requirements, with cover for specific in-hospital procedures at 200%.
* **MediSaver** offers unlimited In-Hospital cover through the Medshield Hospital Network whilst members manage their own Out-of-Hospital medical requirements through a Personal Savings Account. As an added benefit, the MediSaver option offers an Out-of-Hospital maternity package. It is perfect for independent individuals who want to manage their healthcare expenses and are considering expanding their families.
* **MediBonus** provides families and professional individuals unlimited In-Hospital cover with selected In-Hospital procedures paid at a Medshield Private Tariff of 200% and the freedom to manage their daily healthcare expenses through a Day-to-Day Limit.
* **MediValue** is ideal for individuals who need complete cover for hospital procedures or emergencies and partial daily healthcare cover. The MediValue option has two categories MediValue Prime and MediValue Compact. The benefits of both types are the same. Still, for a smaller contribution, the MediValue Compact category requires using networks, care coordination, and nominating a Family Practitioner and Family Practitioner-to Specialist referrals.
* **MediPlus** is the answer for middle- to upper-income earners needing out-of-hospital healthcare coverage. Members have unlimited In-Hospital cover through the Medshield Hospital Network, and the daily Out-of-Hospital body includes a range of benefits. The Prime and Compact choices suit families and individuals, allowing you to manage your health proactively.
* **MediPhila** You never know when you, or your loved ones, may require medical care that could result in substantial costs. Fortunately, as a MediPhila member, you have unlimited hospital cover for PMB conditions and generous per-beneficiary limits for non-PMB In-Hospital treatments. Additionally, your basic daily healthcare needs are covered with an Out-of-Hospital benefit limit for specific services.

**Medshield Medical Scheme - Live Assured knowing you have a Partner for Life.**

**ABOUT MEDSHIELD MEDICAL SCHEME**

* Medshield is a healthcare fund where all members contribute towards the fund monthly to cater for medical cover should the need arise.
* Medshield has been in operation since 1968, making us one of the most experienced, knowledgeable, and reliable medical schemes in South Africa. Our extensive experience in the healthcare sector guides our understanding of our members' needs. Our excellent cover and benefits combined with the best quality systems and services have resulted in our exceptional size and strength.
* Each of our options offers affordably priced benefits. We continuously review and improve the range of benefits in each option to bring you what you need.
* Our impeccable reputation of prompt payments to hospitals, doctors, pharmacies and other medical caregivers guarantees approval from service providers when you present your Medshield membership card.
* Our extensive partner networks place us in the perfect position to offer exceptionally competitive rates to our members.
* Medshield is well-represented throughout all nine provinces and provides seamless access to service providers in your area. Our geographical spread provides convenience if it becomes necessary for you to have a personal discussion with one of our experienced consultants. We also have a streamlined online claim submission system and immediate contact centre assistance, making it easier to manage your membership and claims from the convenience of your home or office.
* Our extensive range of additional benefits and services is another distinguishing factor. Our benefits and services have been designed to give members additional support when they need it most, for instance, in an emergency or when suffering from a chronic or life-threatening condition.
* Compared with other medical schemes, our trustworthiness, impeccable history, and exceptional service guarantee that we come out tops!