

the insider

OCTOBER ISSUE 2026

LOMBARDY

ESTATE & HEALTH SPA

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LOMBARDY
ESTATE & HEALTH SPA



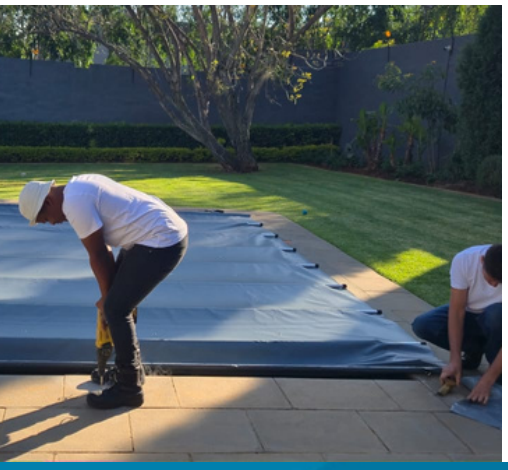




Disclaimer: This e-Magazine is produced especially for residents/owners of Lombardy Estate & Health spa to provide updates and useful information. It is produced by K-Studio on behalf of Lombardy Estate & Health spa HOA. Although every effort is taken to ensure accuracy of content, The Lombardy Estate & Health spa HOA and/or the Publisher, cannot be held liable for any inaccurate information, and may not agree with all opinions expressed in this publication.

designer pool covers









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Letter from the MANAGER

Dear Lombardians,

As we head into the final stretch of the year, there is plenty happening across Lombardy Estate.

Thank you to all members who attended the 2026 AGM and took the time to participate. We are pleased to confirm that levies will remain unchanged for the remainder of the current financial year. We also received an update on the Fountains development, where work has now commenced, with Fountains 22 to 29 scheduled for completion first.

Another important development is the Estate's new speed enforcement camera system, which was approved at the AGM. Implementation is currently underway, with a one-month grace period planned before penalties are introduced. The aim is simply to encourage safer driving and protect everyone using our Estate roads.

Spring has also brought a little more colour to Lombardy, and entries remain open for our first annual Garden Competition. We know there are some beautiful gardens tucked away across the Estate, so we would love to see residents take part.

And finally, Christmas is already on the horizon. Our Lombardy Christmas Celebration is planned for 28 November, with family entertainment, activities, food and a few festive surprises still being arranged.

There is plenty to look forward to as we close out the year, and we thank our members for their continued support and participation in the Lombardy community.

Warm regards,

Cardi Van der Westhuizen

General Manager
Lombardy Estate Homeowners Association NPC

Estate Matters

Important updates for Lombardy residents

AGM Feedback

Thank you to all our members who attended the 2026 AGM and took the time to participate in the Estate's annual governance process.

The AGM minutes have now been distributed to members. For those who require a copy, please contact the HOA office at office@lombardyestate.co.za.

We are also pleased to confirm that levies will remain unchanged for the remainder of the current financial year, with no further increase implemented following the AGM.

We were joined by Gregor Wolter from Adams & Adams, representing the Developer, who provided members with an update on the progress of the development in Fountains. Works have now commenced, with the Developer advising that Fountains 22–29 are scheduled to be completed first.

We look forward to seeing continued progress on the development and thank our members once again for their attendance, engagement and continued support of the Estate.

Speed Enforcement Cameras: Coming Soon

Our speed penalty camera system has been approved at the AGM, and implementation is underway. The HOA is currently linking the Estate's licence-plate recognition cameras to our access-control system, with the cameras to be installed and commissioned shortly.

The system will use four solar-powered cameras, which will rotate between designated locations across the Estate. The cameras will be calibrated to ensure accurate speed readings, with the Estate speed limit remaining 35 km/h for main roads and 20km/h for Lakes and Fountains

Once the system goes live, members will be notified. Importantly, there will be a one-month grace period during which speeding incidents will be recorded and members will receive reports, but no financial penalties will be issued. This will give everyone an opportunity to familiarise themselves with the system while allowing the HOA to identify and resolve any teething issues before penalties are introduced.

Once the grace period ends, penalties will be calculated as a percentage of the monthly administrative levy:

- **36–39 km/h: First offence – written warning; subsequent offence – 15% ~ R518.06**
- **40–45 km/h: 30% ~ R1,036.13**
- **46 km/h and above: 60% ~ R2,072.25**

The penalties are intended to change driving behaviour, not generate income for the HOA. A dispute process will also be available should a member believe a penalty has been issued incorrectly.

Visitors will be expected to comply with the Estate's speed limit, and members remain responsible for ensuring that their private visitors follow the Estate rules.

More information on the speed enforcement cameras will be shared with members by the HOA office.



Lombardy's Garden Competition

We know there are beautiful gardens hidden behind the walls of Lombardy, but so far, we have not received any entries for our first annual Garden Competition. So, this is your invitation to show us what you've been growing.

Your garden does not need to be perfectly manicured. It could be a lush indigenous space, a clever water-wise garden, a colourful family garden or simply an outdoor space you have worked hard on and are proud of.

Our independent judges will consider design, plant selection, visual appeal, sustainability, plant health and overall maintenance, with special recognition for environmentally conscious gardening practices.

There are also some fantastic prizes up for grabs, along with the bragging rights of having one of Lombardy's finest gardens.

Entries are still open, and we would love to see more residents take part. To enter, or for more information, contact the HOA Office at office@lombardyestate.co.za.

Your garden does not have to be perfect. It just has to be one you are proud of.

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A BIG THANK YOU

to Our Pet Owners

We are pleased to report that we have seen a noticeable improvement in the number of pets roaming freely around the estate.

Thank you to the homeowners who have taken extra care to keep their pets safely within their properties, ensure gates are secure and make use of collars and microchips where possible.

It may seem like a small thing, but it makes a real difference. Fewer wandering pets means safer roads, less stress for the animals themselves and fewer call-outs for our Security Team.

We truly appreciate everyone who has helped bring about this improvement and ask that we continue working together to keep Lombardy safe for both residents and their four-legged family members.

"Thank you for helping us keep Lombardy safer for every member of the family, including the furry ones."



Christmas is on its way to Lombardy Estate, and we're getting ready for a lovely family celebration on 28 November.

There will be plenty for the children to enjoy, including games, activities and entertainment, and of course Santa will be stopping by for a special visit. We have also heard a rumour that the Grinch may make an appearance, so you might want to keep an eye on him!

We're planning a relaxed, festive day with good food, family fun and a few surprises along the way. Some of the entertainment is still being finalised, but we're hoping to include a Fire Dance Show, as well as a wine tasting for the adults.

28
November

More details will be shared closer to the time, but for now, save the date and get ready to celebrate Christmas with your Lombardy neighbours.



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The Holiday You Actually Need

Beach, bush, city or mountains? Perhaps the best way to choose your next escape is to first ask what you need from it.



We usually start planning a holiday with one question: Where should we go?

But perhaps there is a better question to ask first: What do I actually need from this holiday?

Because the perfect escape for someone craving rest could feel painfully slow to someone desperate for adventure. A packed city itinerary might be exhilarating when you want something new, but exhausting when what you really need is sleep, sunshine and nowhere to be.

Before opening another booking site, think about how you want to feel when you come home.



I Need to *Switch Off*

If life has been a blur of deadlines, school runs and notifications, don't replace your everyday schedule with a holiday itinerary. Choose somewhere that makes doing very little feel perfectly acceptable. Think slow mornings, long lunches, a good book and nowhere you need to be.

Your escape: Beach, spa retreat or quiet countryside stay.



I Need *Something New*

Maybe life has simply become a little predictable. Visit a city you've never explored. Try unfamiliar food. Wander without an itinerary. Take the road you've never taken before. And remember, you don't necessarily need a passport. Sometimes somewhere completely different just a few hours from home is enough to give you that wonderful feeling of discovery again.

Your escape: City break, foodie weekend or cultural getaway.



I Need *Adventure*

If seven days beside a pool sounds more boring than blissful, you probably need a little adventure. Look for destinations where you can hike, snorkel, explore, go on game drives or simply discover somewhere completely unfamiliar. Just resist planning every hour. Adventure needs breathing room too.

Your escape: Mountains, safari, road trip or active coastal getaway.



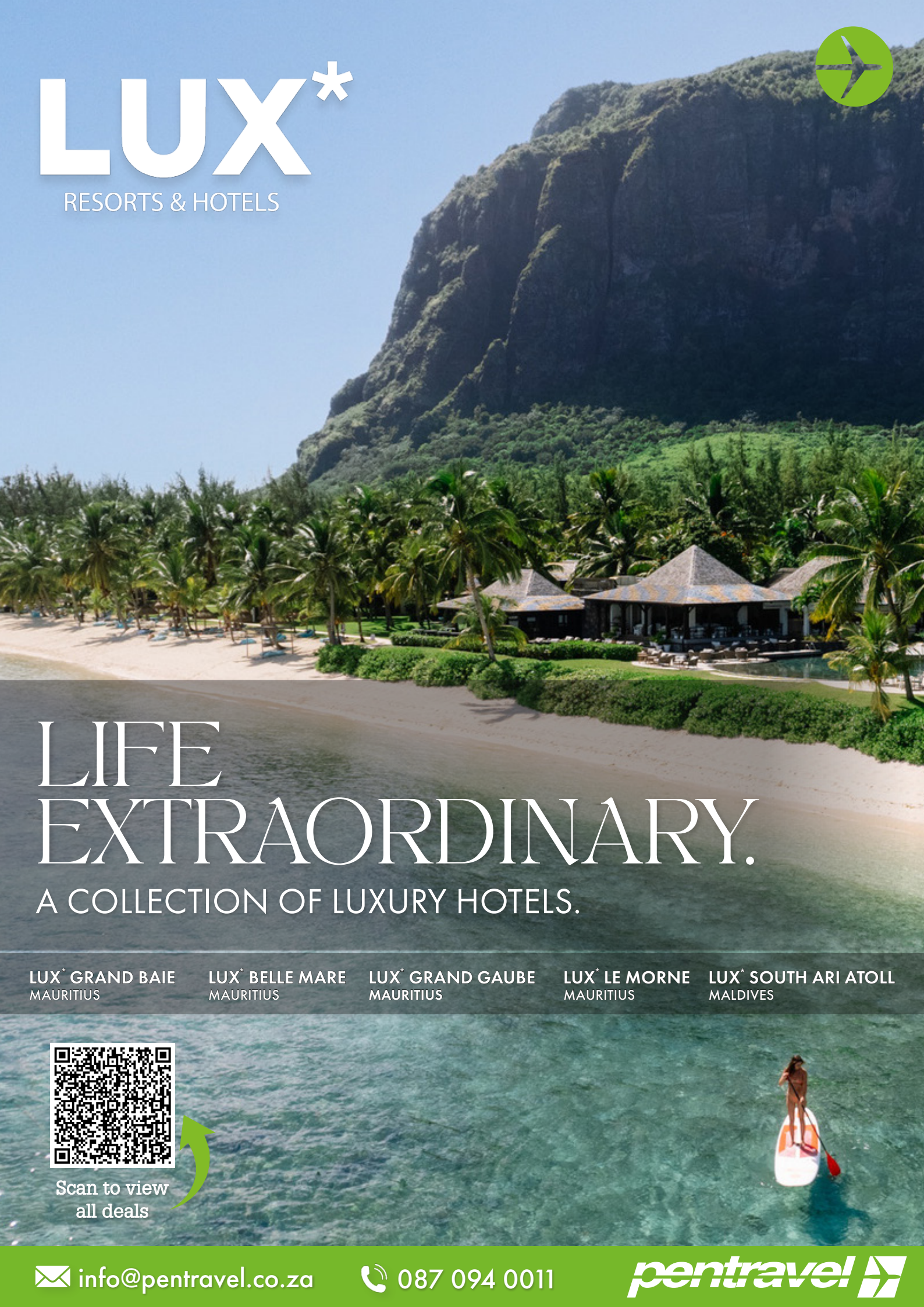
I Need to *Reconnect*

Sometimes what we really need isn't a new destination. It's uninterrupted time with the people we love. Choose accommodation that encourages everyone to slow down and be together. Think long dinners, braais, swimming, games and conversations without everyone disappearing back into their normal routines.

Your escape: Bush lodge, family villa, farm stay or seaside house.

CHOOSE THE FEELING FIRST

Forget the trending destinations for a moment. Do you need rest, adventure, connection or something new? Start there. ***Because the best holiday is the one that gives you what you didn't realise you needed.***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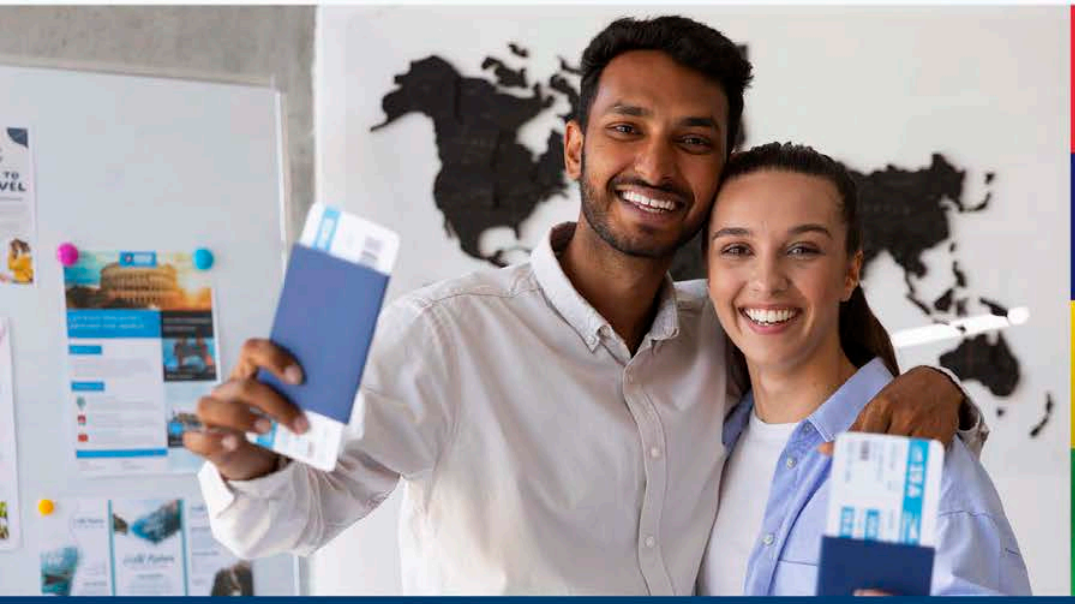



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READY FOR SUMMER?



Simple ways to help your garden thrive through Pretoria's heat, summer storms and thirsty days.

As Spring settles in and temperatures begin to climb, our gardens seem to wake up almost overnight. New growth appears, lawns turn greener and flower beds begin filling with colour. But October and November also bring longer, hotter days, sudden Highveld thunderstorms and a garden that can become surprisingly thirsty.

A little preparation now can make all the difference, helping your garden stay healthy, resilient and beautiful throughout summer.

Feed the Soil

A thriving summer garden starts below the surface. Healthy soil holds moisture more effectively and gives plants access to the nutrients they need during their busiest growing season.

Add a layer of good-quality compost to garden beds and gently work it into the upper soil without disturbing established roots. This is also a good time to feed actively growing plants with a suitable fertiliser, following the recommended application rates.

More is not necessarily better. Overfeeding can damage roots and encourage excessive soft growth, so always follow the product instructions.

Mulch Before the Heat Arrives

If there is one simple job worth doing before the hottest days arrive, it is mulching. Spread a generous layer of organic mulch, such as bark, wood chips, compost or leaf litter, around trees, shrubs and garden beds. Mulch helps reduce evaporation, keeps the soil cooler and suppresses weeds that would otherwise compete with your plants for water.

Leave a little breathing room around plant stems and tree trunks rather than piling mulch directly against them.

> “A summer-ready garden isn’t about watering more. It’s about helping every drop go further.”

Water Wisely

When the weather heats up, it can be tempting to give the garden a quick splash every day. Deep, less frequent watering is generally more beneficial than constantly wetting only the surface. A thorough watering encourages roots to grow deeper into the soil, where moisture remains available for longer. Early morning is usually the best time to water, giving plants an opportunity to absorb moisture before the heat of the day.

Pay attention to individual areas too. A sunny flower bed, established tree and shaded corner do not necessarily need the same amount of water. And remember, wilting does not always mean a plant needs more water. Constantly wet soil, yellowing leaves and struggling plants may be signs of overwatering or poor drainage.

Give Pots a Little Extra Attention

Containers can dry out much faster than garden beds, particularly on hot patios and in areas exposed to afternoon sun.

Check pots regularly by feeling the soil rather than watering automatically. Adding mulch to containers can help slow moisture loss, while grouping pots together may provide some protection from intense heat.

Make sure every container has adequate drainage. After a summer downpour, water should be able to escape freely rather than leaving roots sitting in soggy soil.

Prepare for Summer Storms

Highveld thunderstorms can bring heavy rain in a short time. Keep drains and gutters clear and make sure water can drain freely without pooling. After a storm, check for broken branches, displaced mulch, exposed roots and waterlogged pots.

Watch for Summer Visitors

Warmer weather can also bring aphids, mealybugs and whitefly. Check new growth and the undersides of leaves regularly so problems can be treated before they spread.

Healthy soil, mulch and smart watering will help your garden handle the heat, rain and everything a Pretoria summer brings.

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In luxury homes, every detail matters. From architectural flow to finishes that reflect personal taste, modern homeowners are investing in spaces that offer both beauty and long-term practicality. One feature increasingly found in premium residences is the private Home Lift, not as a medical necessity but as a lifestyle upgrade that brings comfort, elegance and future readiness into the home.

This is where Lifta SA has become a trusted name in South Africa's high-end residential market.

Lifta SA specialises exclusively in premium Home Lifts designed for private residences. With over 600 Home Lifts successfully installed across South Africa, Lifta has built a reputation for European quality, refined design and expert local installation. From coastal villas to multi- storey city homes, Lifta Home Lifts have become a natural addition to discerning properties where convenience and design go hand in hand.

Unlike traditional elevators, Lifta Home Lifts are designed to work with the home rather than reshape it. They operate on slim support rails and do not require a lift shaft, machine room or deep pit. This allows them to be installed in a wide range of spaces, including stair voids, corners and open-plan living areas, while maintaining architectural integrity.

Lifta offers two main models tailored to different lifestyle needs. The Duo Home Lift is compact and elegant, ideal for standing passengers or a seated ride. It suits homes where space efficiency and discreet integration are priorities. The Trio Home Lift offers generous internal space and is suitable for two people or a wheelchair, making it a perfect choice for homeowners who want to future-proof their residence without compromising on style.

Design is central to the Lifta offering. Each Home Lift can be customised with a range of wrap finishes in contemporary colour options, allowing the lift to blend seamlessly into luxury interiors. Quiet operation, smooth travel and intuitive controls ensure that the Home Lift enhances everyday living rather than drawing attention to itself.

Design is central to the Lifta offering. Each Home Lift can be customised with a range of wrap finishes in contemporary colour options, allowing the lift to blend seamlessly into luxury interiors. Quiet operation, smooth travel and intuitive controls ensure that the Home Lift enhances everyday living rather than drawing attention to itself.

One of the key advantages for high-end homeowners is the simplicity of installation. Once the required preparation work is completed, a Lifta Home Lift can be installed within just two days. This makes it an attractive option for both new builds and existing homes where owners wish to upgrade without lengthy construction or disruption.

Beyond design and engineering, Lifta SA places strong emphasis on service and professionalism. Each project begins with a free, no-obligation onsite consultation where experienced advisors assess the home and recommend the most suitable solution. Installation is carried out by trained teams who work with precision, care and respect for the home environment.

For affluent homeowners, a Home Lift is no longer only about accessibility. It is about ease of movement, dignity, independence and adding long-term value to a property. A Lifta Home Lift supports multigenerational living, enhances resale appeal and ensures that a home can be enjoyed comfortably for years to come.

As luxury living continues to evolve, Lifta SA remains at the forefront of intelligent home mobility. With proven experience, hundreds of installations and a clear understanding of premium homes, Lifta is redefining how South Africans move within their most valued spaces.

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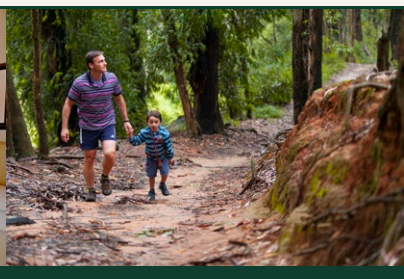

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THE HOME THAT HELPS YOU FEEL BETTER

A beautiful home is not only about how it looks. Increasingly, the spaces we love most are the ones that help us feel calmer, lighter and more at ease in everyday life.



For years, the idea of a dream home was often shaped by appearance alone. We admired the perfect kitchen, the statement staircase or the beautifully styled living room. While aesthetics still matter, many homeowners are now asking a different question: how does this home make us feel?

It is a quiet shift, but an important one. A home can influence our mood far more than we realise. The way natural light enters a room, whether fresh air moves easily through the space, how much noise travels from one area to another, and even what we see when we look out of a window all shape the experience of daily life.

This is why wellness-led design is gaining attention. It is not about turning a home into a spa or following a trend for the sake of it. It is about creating spaces that support the people living in them. A bedroom that feels restful, a kitchen that invites connection, a reading corner that offers a moment of pause, or a patio that encourages more time outdoors can all make a home feel better in a very real way.

Natural light is often one of the biggest game changers. Bright, sunlit spaces tend to feel more uplifting and open, while dark rooms can feel heavy and closed off. Even simple choices such as lighter window treatments, well-placed mirrors or a more thoughtful furniture layout can help a room feel brighter and more welcoming.

"The best homes do more than look beautiful. They help us breathe a little easier."

Good design is not only seen. It is felt.

Airflow matters too, especially in our climate. Homes that allow air to move freely often feel fresher and more comfortable. Opening up a space to a garden, courtyard or patio can strengthen that sense of ease and connection. The relationship between indoors and outdoors is one of the qualities that makes a home feel alive.

There is also a growing appreciation for quieter, gentler interiors. This does not mean empty rooms or sterile minimalism. It means choosing comfort over clutter, texture over excess, and spaces that work with everyday life instead of against it. When a home functions well, it can lower stress in subtle but meaningful ways.

Ultimately, the most memorable homes are not always the most dramatic ones. They are often the ones that feel calm, balanced and effortless to live in. They help us exhale. And in a world that rarely slows down, that may be one of the most valuable design qualities of all.



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THE SCOOP ON POOP: NOT ALL DIARRHOEA IS THE SAME

BY DR VICKY LOUW (BVSC)

Diarrhoea is one of thecmost common problems we see in dogs and cats. Sometimes it really is just an upset tummy, but sometimes it can be the first sign of infection, such as parasites or bacteria, dietary problems, pancreatitis, intestinal disease or even a foreign body.

Not all diarrhoea looks the same

Diarrhoea does not necessarily mean completely watery stool. It can be:

- Soft but still formed
- Pudding-like or completely watery
- Frequent small amounts
- Covered in mucus or slime
- Streaked with fresh red blood
- Very dark or black

The amount, frequency, colour and contents can help us determine which part of the gastrointestinal tract may be unhappy.

Small bowel vs large bowel diarrhoea

Small bowel

This typically produces larger volumes of diarrhoea, but your pet may not need to go outside constantly. You may also notice vomiting, weight loss, gas, poor appetite or very dark stool.

Large bowel

These pets often want to go over and over again, but only pass small amounts. Common signs include:

- Urgency
- Straining
- Mucus or slime
- Fresh red blood
- Frequent small stools
- Accidents in the house

What does blood mean?

Bright red blood usually comes from the lower intestinal tract. A small streak can occur with an irritated colon or straining and is not automatically an emergency. However, large amounts of blood or repeated bloody diarrhoea, especially when accompanied by vomiting, weakness or lethargy, should be assessed by a vet.

Black, sticky or tar-like stool is different. This may represent digested blood coming from higher up in the gastrointestinal tract and is more concerning.

What about funny colours?

Yellow, orange or green diarrhoea can sometimes occur when food is moving through the intestines too quickly. Colour can also be influenced by bile and, of course, whatever questionable thing your pet decided looked delicious that day!

Colour alone does not give us a diagnosis. However, persistent unusual colour, especially very pale, grey or black stool, deserves investigation.

And the slime?

That jelly-like coating is usually mucus produced by the intestinal tract, particularly the colon.

It commonly occurs with colitis and may be associated with dietary indiscretion, stress, parasites, infections or other causes of intestinal inflammation.

When can I monitor at home?

A single mild episode in an otherwise healthy adult pet can often be monitored if your pet is:

- Bright and behaving normally
- Eating and drinking
- Not repeatedly vomiting
- Not painful
- Not passing significant amounts of blood
- Not suspected of eating a toxin or foreign object

A little poop etiquette goes a long way!

Remember, diarrhoea is not always caused by something your pet ate. Some causes are infectious and can spread to other animals and may even pose a risk to people. Parasites and infectious organisms can be shed in faeces, contaminating grass, soil, pavements, communal gardens and other public spaces. Other dogs can then be exposed through contaminated paws, noses, water or the environment.

If your dog has diarrhoea, avoid dog parks and other busy dog areas until they are better, especially if you do not yet know the cause.

When should I make a vet appointment?

Make an appointment if:

- Diarrhoea continues for longer than 24 to 48 hours or keeps coming back
- There is repeated blood or mucus
- Your pet is vomiting
- Appetite decreases
- Your pet is losing weight
- Your pet seems painful or uncomfortable
- There is a persistent change in normal stool habits

When should I RUN to the vet?

Seek veterinary attention urgently if diarrhoea is accompanied by repeated vomiting, severe lethargy, weakness or collapse, pale gums, large amounts of blood, black tarry stool, a painful or swollen abdomen, an inability to keep water down, suspected poisoning or possible foreign-body ingestion.

We are also more cautious with puppies, kittens, elderly pets and animals with existing medical conditions, as they can become dehydrated or deteriorate more quickly.

Should I bring a poop sample?

Yes, please! If possible, collect a fresh sample, no older than 24 hours, in a clean container or plastic bag and bring it along. We may want to check it for parasites, Giardia or other abnormalities. And do not be embarrassed about bringing us poop. We are vets. We have seen worse. And I personally get excited about looking at stool under the microscope!

One soft poop is not always a concern. But if diarrhoea persists, keeps coming back, or is accompanied by changes in appetite, weight or behaviour, it is worth checking with your vet. When in doubt, give us a call. We are here to help!



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Calm before the finals



Two weeks to go. The books are open, the timetable is full and suddenly every subject feels urgent. The good news? The final stretch does not have to be frantic to be effective. When exams are close, the temptation is to do everything at once. Rewrite every note. Relearn every chapter. Study until midnight. Panic about the sections that still feel shaky.

But the final two weeks before exams are not really about doing more. They are about getting clearer about what matters most. A little structure, enough sleep and a realistic plan can do far more than hours of unfocused studying.

"The goal in the final two weeks is not perfection. It is calm, focused progress."

01 Start with what needs attention

Before creating a study timetable, take a quick look at each subject and ask one simple question: what am I least confident about?
That is where the focus should go first. There is little value in spending an entire afternoon revising work that already feels comfortable simply because it is easier. Keep the list manageable. Three priority areas per subject can feel far less overwhelming than trying to “study everything”.

02 Practise, do not just reread

Reading notes can feel productive, but it is easy to reach the bottom of a page and realise very little has actually stuck. Try doing something with the information instead. Answer questions without looking at your notes. Explain a concept out loud. Write down everything you remember about a topic before checking what you missed. Use past papers where possible. The goal is not simply to recognise the work. It is to be able to recall and use it when the question appears in front of you.

03 Shorter can be smarter

A three-hour study marathon is not always better than three focused 40-minute sessions. Work in blocks, take proper breaks and change subjects before your concentration completely disappears. During study time, put your phone somewhere out of reach. Even a quick glance at a message can easily become ten minutes of scrolling. And when you take a break, actually take one. Stretch. Eat something. Step outside. Give your brain a chance to reset.

04 Sleep is part of studying

Staying up late may feel like gaining extra study time, but an exhausted brain is not particularly helpful the next morning.
Especially in the final days before an exam, sleep should be part of the plan rather than something that happens only when the work is finished. There will always be one more page to read.

WHAT ACTUALLY HELPS

- Choose your priority topics.
- Use past papers.
- Study in focused blocks.
- Put your phone away.
- Ask for help when needed.
- Eat properly and sleep.
- The night before, do a light review, pack what you need and get a good night’s rest.

WHAT DOES NOT HELP

- All-night cramming.
- Comparing yourself to friends.
- Rewriting every note from scratch.
- Trying to fix every subject in one day.
- Panicking over one difficult study session.
- Starting new work or studying late into the night before an exam.

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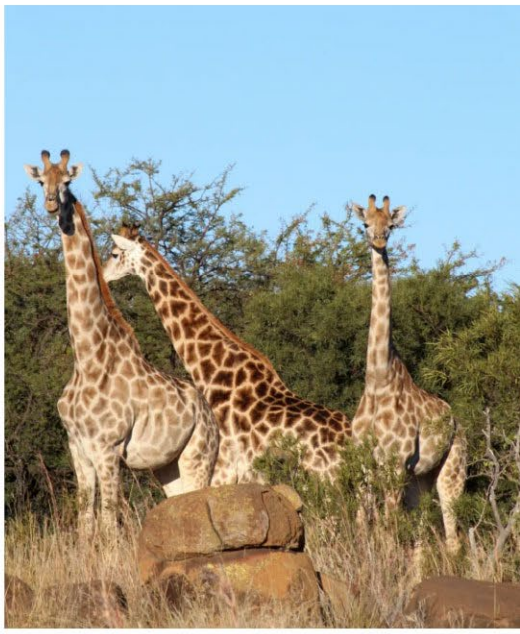

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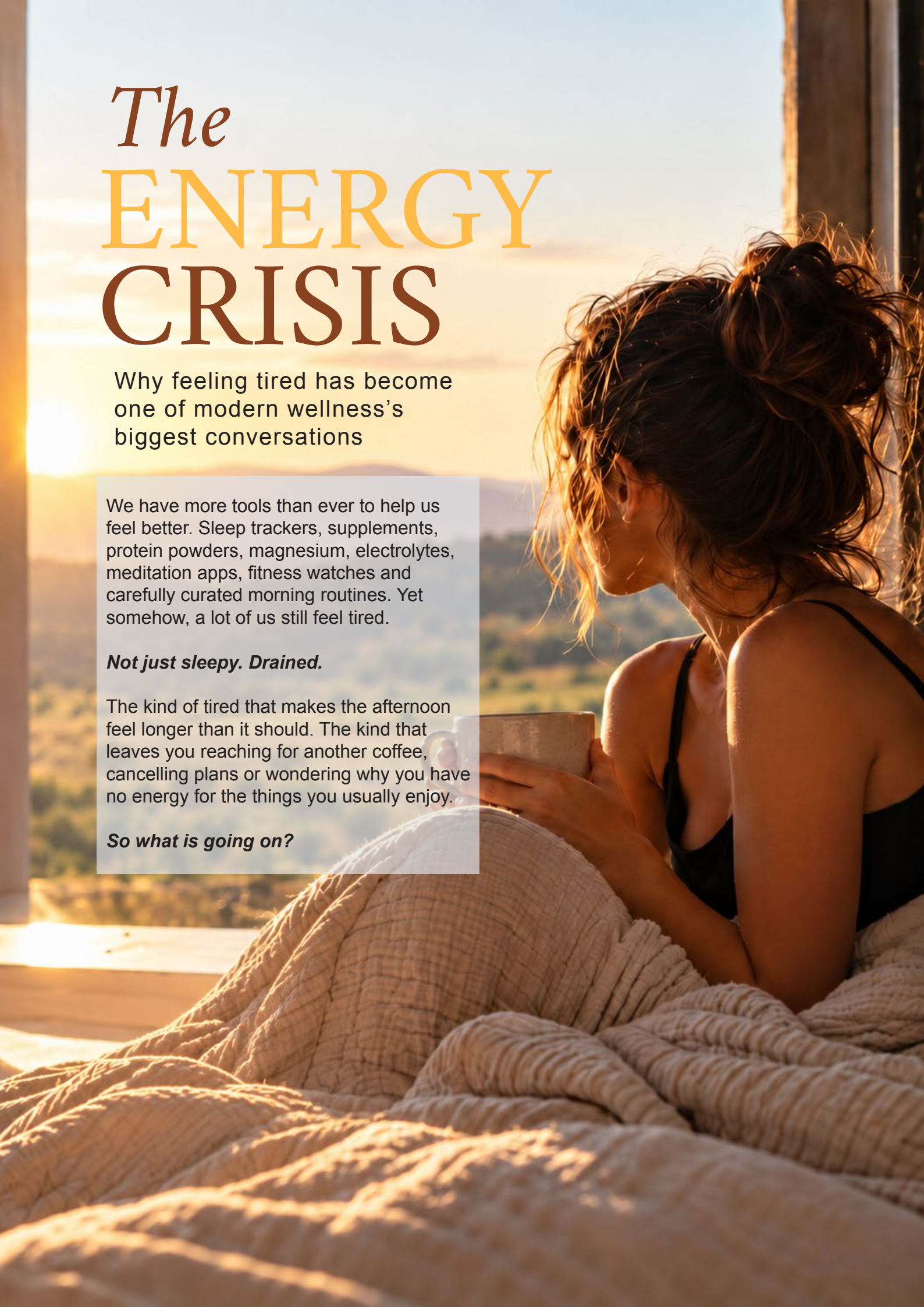

The ENERGY CRISIS

Why feeling tired has become one of modern wellness's biggest conversations

We have more tools than ever to help us feel better. Sleep trackers, supplements, protein powders, magnesium, electrolytes, meditation apps, fitness watches and carefully curated morning routines. Yet somehow, a lot of us still feel tired.

Not just sleepy. Drained.

The kind of tired that makes the afternoon feel longer than it should. The kind that leaves you reaching for another coffee, cancelling plans or wondering why you have no energy for the things you usually enjoy.

So what is going on?

We are switched on all the time

Work no longer ends when we leave the office. Our phones come home with us. Messages arrive after hours. Social media fills the quiet gaps. Even relaxation can involve staring at another screen. While we may technically be resting, our minds are often still busy processing information.

Stress also has a physical cost. When the body remains under pressure for long periods, good sleep, concentration and energy can all suffer. This is one reason conversations about cortisol and nervous system health have become so popular in wellness circles. Not every tired day means your cortisol is “out of balance”, but chronic stress can absolutely leave you feeling depleted.

Sleep is not always the whole answer

Going to bed earlier helps, but sleep quality matters too. Late-night scrolling, irregular bedtimes, alcohol, caffeine too late in the day and even a room that is too warm or bright can affect how restorative sleep feels.

Then there is the growing obsession with sleep tracking. Ironically, constantly checking whether you slept “well enough” can create another thing to worry about.

Sometimes the simplest habits are still the most useful: a consistent bedtime, less screen time before bed, morning sunlight and a dark, cool bedroom.



Maybe the question isn’t how to squeeze more energy out of ourselves, but why we’re running on empty in the first place.

Food and hydration matter more than we think

A rushed coffee for breakfast, a light lunch and another coffee at 3 pm may get us through the day, but it is not exactly a recipe for sustained energy. Protein, carbohydrates, healthy fats and enough overall food all play a role in keeping energy stable.

Hydration matters too. Even mild dehydration can leave you feeling sluggish, headachy and unfocused. This is partly why electrolytes, protein and creatine have become such big wellness talking points recently. They may have their place, but supplements cannot replace the basics.

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- **6 x 500g** Beef Sausages
- **6 x 500g** Pork Chops
- **4 x 500g** Chicken
- **2 x 400g** Beef Patties
- **2 x 500g** Tenderised steak
- **2 x 500g** Goulash

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PACK 3

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- **3kg** Sausages
- **2kg** Chuck / Braising Steak
- **2kg** Chicken
- **4 x** 400g Beef Patties
- **3kg** Pork Chops
- **3kg** T-Bone / Club Steak
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