

Adjust your Lifestyle & Save!

Spring is here! And naturally, many of us will adopt some fresh lifestyle habits following the winter 'hibernating' period. It's the perfect time to stop, review and refresh your monthly spending habits and to cut out the things that either waste money, hurt your health, or both!

Reduce your monthly alcohol and cigarette expenses

We know this is easier said than done, but have you done the math? This is what your smoking or drinking habit could be costing you per year:

*Assuming you buy five packs of 20 cigarettes every week



*Assuming you buy one bottle of wine every week



Sweat the old school way

Walk, jog, run, cycle. It's enjoyable, good for you, and cheaper than joining the gym. Make it a regular family outing or organise something with friends in your neighbourhood. This is what gym fees could be costing you per year:



Embrace homecooked meals

A night out to a restaurant can take its toll on your monthly income. Rather make the effort to cook a nutritious meal at home. This is what an inexpensive night out to a restaurant could cost you:



By dropping all the habits above you could be saving a staggering **R40 080** annually. But like we said, it's easier said than done. So, why not keep this information in the back of your mind and start by making small adjustments? The smallest change can still lead to big results.