MAGAZINE / TYDSKRIF

# 50+ ONLINE

ISSUE 53

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## Get your feet ready for the summer...

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50+

MAGAZINE / TYDSKRIF

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*MEDIA HOUSE - TOP VIBE MAGAZINE*
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**1.**

***50+ AMBASSADORS:***

A message from our lovely Ambassadors they will bring you something new every month.

**2.**

***ADVERTISING:***

Advertise your business, products and more with us at affordable prices.
For more info call 072 768 8582

**3.**

***MEDIA HOUSE WOMEN'S DAY:***

Please support our Women's day event on 4th of October 2025

**4.**

***BE ON OUR COVER PAGE ?:***

***Are you 50 + meaning 50 years and older? Then enter our competition.***



# REGULARS

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*Cover page: Summer is here, give flowers*

**2. 50+ AMBASSADORS** 04

*Our 50+ Ambassadors se Ambassadeur Handelien Volschenk*

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**4. 50 + Cover page:** 05

*You can be on the next cover page - all you have to do is to enter. Looking forward to see you on the next cover page.*

**5.BACK PAGE** 20

*Back page - our next issue is our October Issue*



*Photographer: Albertus Kriel*
*Venue: Bar with No Name - Village*

# Redakteur *aan die woord*

**Liewe leser,**

**Die winter staan stadig maar seker einde se kant toe. Die dae word bietjie waremer en die nagte nie meer so bitter koud nie.**

**Media House het nof twee projekte oor vir die jaar wat voorlê en ons wil julle graag deelmaak daarvan so kom geniet die pret goed saam met ons. Ons Vrouedag is 4 Oktober 2025 kontak my vir jou kaartjie by 072 768 8582**

**Ons is weer opsoek na die Nuwe gesig van Top Vibe Magaine, skryf in en wie weet dalk is jy ons volgende gesig.**

**September maand is hart bewustheids maand, asook Kinder Kanker maand.**

**Ons chat weer binnekort, raak betrokke ons wil van jou hoor.**

**Kom deel wenke, resepte met ons..**

**Charms xox**

# 50+ Ambassador



HANDELIEN VOLSCHENK

Fotograaf Albertus Kriel

Dear readers,

The beautiful month September is finaly here, from the vibrant colors of changing leaves to the cooler, more comfortable weather, September offers a unique beauty.

It's a month to appreciate a golden hour, to enjoy a walk as the air grows crisp, and to reflect on the change that is always on the horizon.

September is not just a month on the calendar; it's a feeling—a promise of what's to come.

September is a month packed with awareness campaigns. In South Africa, September is both Heart Awareness Month and Childhood Cancer Awareness Month. Additionally, it's Heritage Month, celebrating South African culture. Globally, September also encompasses World Alzheimer's Month, and many other health and social awareness initiatives.

Be gentle and kind,take care till next month.

***Handelien***






# *Yoga is good for physical and mental well-being*

Yoga is beneficial for both physical and mental well-being. It improves flexibility, strength, and balance, while also reducing stress and improving mood. Yoga can also help with pain management, sleep quality, and overall body awareness.

Physical Benefits:

Increased Flexibility and Strength:

Yoga poses, or asanas, involve stretching and holding different positions, which improves flexibility and builds muscle strength.

Improved Balance:

Many yoga poses require balancing on one or both legs, enhancing stability and coordination.

Pain Relief:

Yoga can alleviate back pain, neck pain, and other musculoskeletal discomforts.

Cardiovascular Health:

Some yoga styles, particularly those involving more dynamic movements, can improve heart health by lowering blood pressure and heart rate.

Bone Health:

Weight-bearing yoga poses can help increase bone density, reducing the risk of osteoporosis.

Mental Benefits:

Stress Reduction:

Yoga's focus on breathing techniques and mindfulness can lower cortisol levels, the primary stress hormone, and promote relaxation.

Improved Mood:

By reducing stress and increasing body awareness, yoga can contribute to a more positive mood and sense of well-being.

Enhanced Mental Clarity:

Yoga's meditative aspects can improve focus, concentration, and mental clarity.

Better Sleep:

Regular yoga practice can help regulate sleep patterns, leading to improved sleep quality.

Mind-Body Connection:

Yoga emphasizes the connection between the mind and body, promoting greater self-awareness and a sense of wholeness.

Weight Management:

Yoga can be incorporated into a weight loss plan by improving metabolism and promoting mindful eating.

Improved Breathing:

Yoga's breathing exercises, or pranayama, can enhance lung capacity and improve respiratory function.

Reduced Inflammation:

Some research suggests yoga can help reduce inflammation, which is linked to various chronic diseases.

# "Advertising your business"







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# Media House 2025 projects!

**Media House invite you to join us**
**It's our last two Charity projects.**

**Face of Top Vibe Kids & Top Vibe Magazine**
**Women's Day event 4th October 2025**

**WhatsApp 072 768 8582 for more information**









# Voorblad geleentheid in 2025

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Faceboek blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2025 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..



# Vitamins and minerals explained Key facts

Key facts

Vitamins and minerals are needed to make your body work properly. You only need very small amounts of vitamins and minerals in your diet.
Most people can get all the vitamins and minerals they need from a healthy diet.
Extra vitamins and minerals are sometimes taken as supplements. Taking too many supplements can cause health problems.

What are vitamins and minerals?
Vitamins and minerals are nutrients needed in small amounts to make your body work properly. They are sometimes called micronutrients.

Vitamins come from plants and animals, while minerals originally come from the soil and water.

An example of a vitamin is vitamin C, which is found in many fruits.

An example of a mineral is calcium. It's found in milk, fish and some plant foods like green vegetables and sesame seeds.



Where are vitamins and minerals found?
Vitamins and minerals are found in:

fresh foods
frozen foods
canned foods
dried and packaged foods

Fresh fruit and uncooked vegetables are good sources of vitamins. Some vitamins can be lost by cooking in water.

Most people can get all the vitamins and minerals they need by eating a balanced diet.

Why are vitamins and minerals important for my health?
Vitamins and minerals are nutrients your body needs to work properly and stay healthy.

You only need very small amounts of vitamins and minerals in your diet. Most people can get all the vitamins and minerals they need from a healthy diet.

However, you may need more vitamins and minerals if you are:

Several factors can influence the absorption and effectiveness of vitamins and minerals. These include individual characteristics like age and gender, as well as lifestyle choices like diet and smoking. Certain health conditions, medications, and even how food is processed and cooked can also play a role.

Vitamins and minerals boost the immune system, support normal growth and development, and help cells and organs do their jobs.



# September is Heart awarness month



In South Africa, Heart Awareness Month is in September. The month culminates in World Heart Day on September 29th. This month is dedicated to raising awareness about heart disease and its risk factors.

Cardiovascular disease (CVD – which includes heart disease and stroke) is the leading cause of death in South Africa after HIV/AIDS
Heart disease is responsible for 18% of all deaths in South Africa
120 people suffer from a heart attack daily

Reinforcing the knowledge and awareness of heart disease and other circulatory diseases
Influencing the behavioural uptake of a healthy lifestyle and reducing risk for cardiovascular disease onset
Promoting the detection, prevention, treatment and care over a 4 – 5 week period with the main events occurring in September and on World Heart Day
Reduce preventable heart disease by discouraging smoking, reducing salt intake, eating well, moving more, and getting your health risk assessment.

For maximum awareness we need to give the public as many ways as possible to look after their hearts and more importantly, tell them why. This year we focus on reducing poor health habits which increase our risk for heart disease such as tobacco smoking and the use of excessive salt in our diets.

In addition, we also expand on nutritional advice for well-balanced eating and exercising as part of our lifestyles and not as a chore. Finally, we look forward to the culmination of Heart Awareness Month on World Heart Day whereby we will invite all media to cover various WHD activities around the country; including the lighting up in red of major land marks.



# Get your feet ready for the summer...



To prepare your feet for summer, focus on cleaning, exfoliating, moisturizing, and protecting them. Regularly check your feet, trim and shape nails, and address issues like cracked heels or fungal infections. Don't forget to wear sunscreen and supportive shoes, and consider a foot mask or hot/cold therapy for tired feet.

Here's a more detailed breakdown:

1. Cleanse and Exfoliate:
Soak: Begin by soaking your feet in warm water for about 10 minutes to soften the skin.
Exfoliate: Use a foot scrub, pumice stone, or foot file to remove dead skin cells, paying attention to areas prone to roughness.
Address cracked heels: Use a specialized cream to moisturize and heal cracked heels.

2. Moisturize and Protect:
Moisturize daily: Apply a rich foot cream, especially after showering, to keep skin soft and hydrated.
Protect from the sun: Apply sunscreen to the tops of your feet and ankles, especially when wearing sandals.

Consider foot masks: Treat your feet to a detoxifying foot mask for added pampering.

Nail Care:

Trim and shape nails:
Keep toenails short and clean, and consider a pedicure for a polished look.
Don't let nail polish linger:
If you wear polish, don't keep it on for more than three weeks, according to Health Matters.

4. Footwear and Support:
Choose supportive shoes:
Opt for shoes that provide adequate cushioning and support, especially when walking for extended periods.
Edit your shoe selection:
Try on all your warm-weather shoes to ensure they fit properly and address any changes in your feet.

By following these tips, you can ensure your feet are summer-ready, healthy, and comfortable.

# MAGAZINE

## MEDIA HOUSE



**NEXT ISSUE OCTOBER 2025**

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