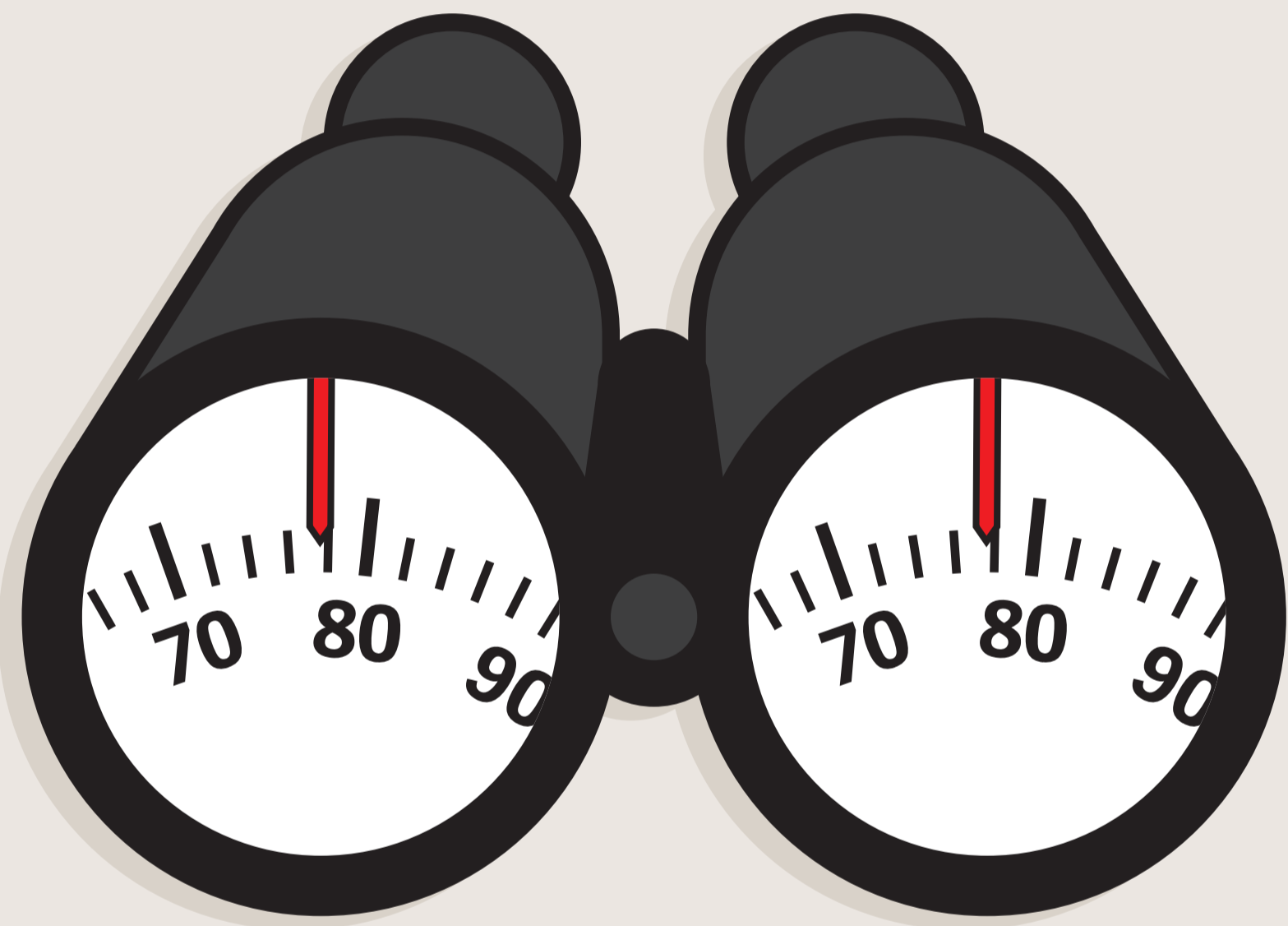







Watch your **weight**



Take control of your kidney health by using these simple tips:

-  Consult a renal dietitian and follow a healthy eating plan
-  Reduce sugar and salt intake
-  Quit smoking
-  Make water your first choice
-  Get 30 mins of exercise daily