

# How to be a fitter, wealthier entrepreneur

Issued by [SME South Africa](#)

7 Feb 2019

The fitter you are physically, mentally, emotionally and spiritually, the better you can manage stress and negotiate the ups and downs of running a business, says Erika Kruger, a Workplace Wellness Consultant and entrepreneur.



Kruger says South African entrepreneurs should care as much about their well-being as they do about the financial and operational aspects of their companies. “To achieve this, have wellness as an objective to your strategy.”

Sam Hlonyana, known as The Habits Guy, is the founder of the 90 Days Without Sugar Movement, an online wellness program, says since cutting sugar out from his diet, he noticed a difference in his energy levels and that he no longer dozed off during meetings or training.

Kruger and Hlonyana give their tips and tricks of how South Africans can implement wellness into their routines.

Read more on SME South Africa [here](#).

Join the conversation on:

Twitter: [@SMESouthAfrica](#)

Facebook: [SME South Africa](#)

▮ **Grow your business network to increase revenue** 23 Oct 2023

▮ **Want to get funding for your small business? Do this first** 21 Sep 2023

▮ **New digital community for startup founders to launch** 10 Jul 2023

▮ **Trends every SME should look into in 2023** 1 Feb 2023

▮ **SME South Africa makes it easier for business owners to buy business solutions** 7 Jul 2021

## [SME South Africa](#)



SME South Africa is a one-stop-shop for business owners to access advice, business tools and resources they need..

[Profile](#) | [News](#) | [Contact](#) | [Twitter](#) | [Facebook](#) | [RSS Feed](#)

For more, visit: <https://www.bizcommunity.com>