ISSUE #30 SPRING EDITION NOVEMBER 2026

HEALTHY WEALTHY YOU



GREEN ENERGY

A look at South African Electric Vehicles Sales

MEDICAL AID PLAN

Are you overcovered or undercovered

POWER DRESSED

Confidence never goes out of style

BEYOND EATING

Is Fast food your weekly routine

BE YOUR OWN MUSE

Soundtracking well-being With Dis-Chem

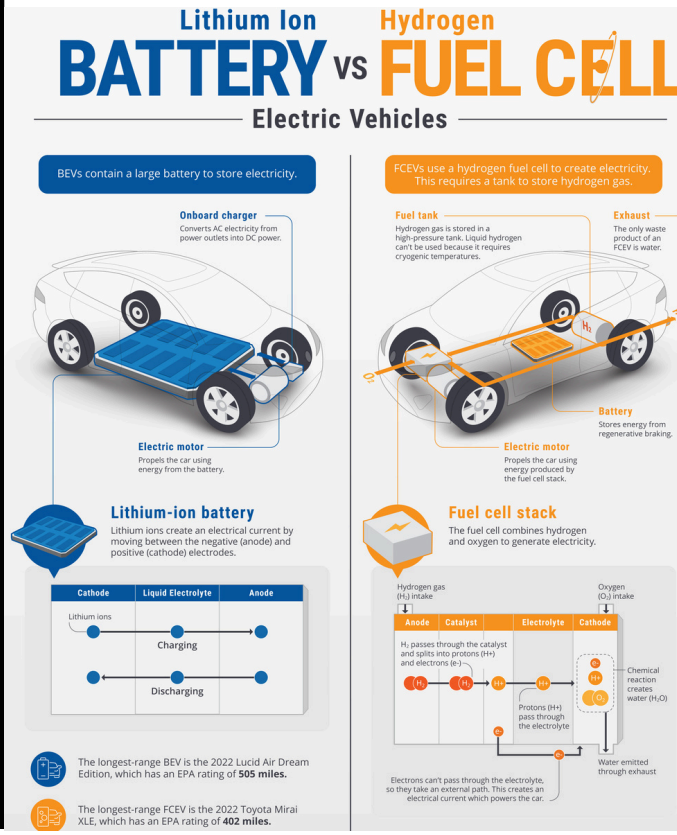
GHWE 2026 DATES

Out and Abou: Unwinding at Santé Wellness Retreat and Spa

Community Corner:Soundtracking Well-being with Dis-Chem

Beauty: Why Global Warming is Rewriting the Skincare Playbook

Good Health and Wellness Expo 2026 Dates



HELLO ISSUE 30



Nutrition and Food Recipes: How Fast Food Defined the Weekly Routine of South Africans

Tech News: Can South Africa Keep Pace With the Global Electric Vehicles Shift?

Financial Wellness: Is it Time to Switch, or ,Upgrade Your Medical Plan?

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Healthy Wealthy You Magazine is produced by Fezekisa Group Pty Ltd
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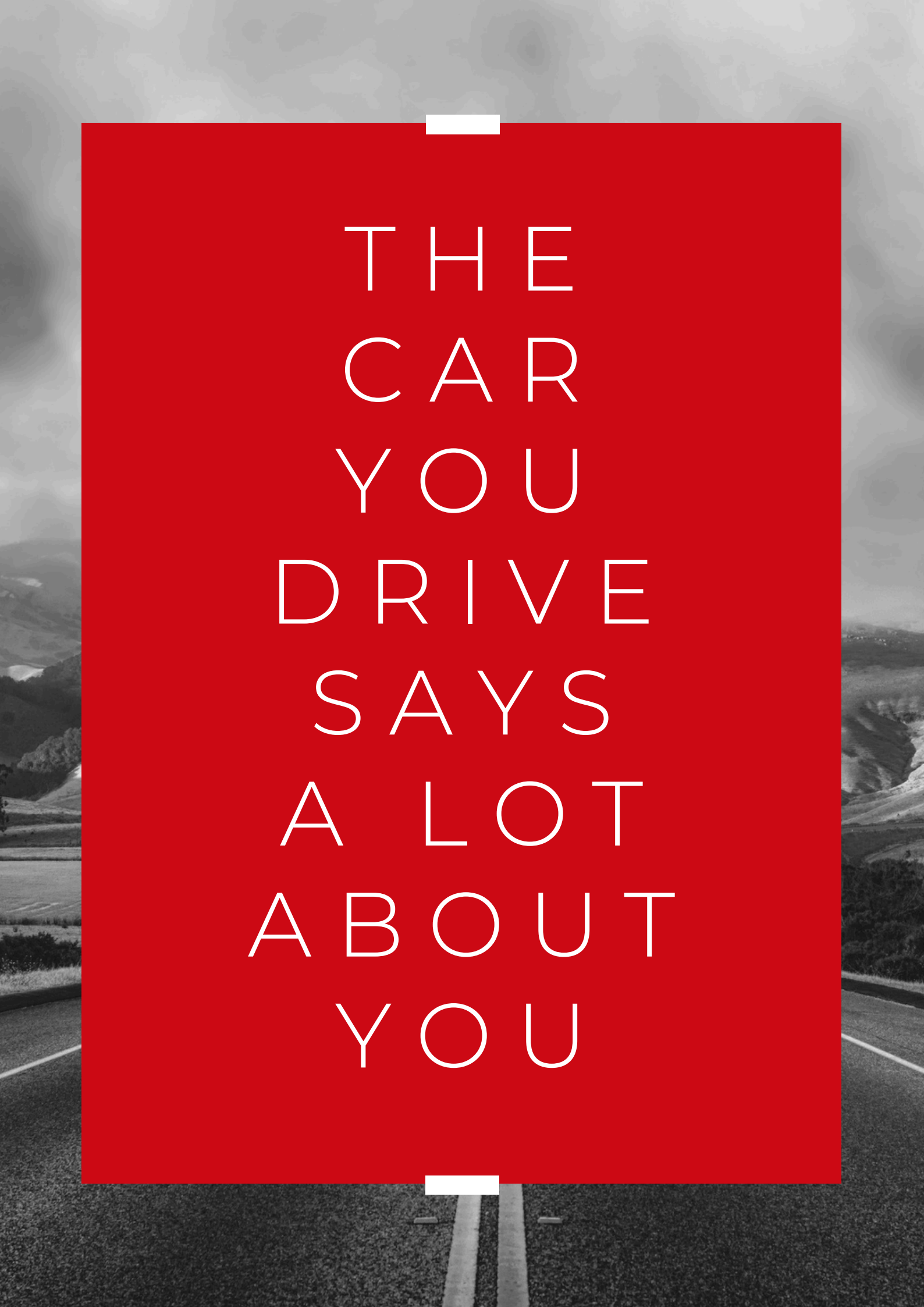
EXCLUSIVE

CAN SOUTH AFRICA KEEP PACE WITH THE GLOBAL ELECTRIC VEHICLE SHIFT?

Navigating made easy

As the global automotive landscape accelerates away from fossil fuels, South Africa finds itself at a critical crossroads. The transition toward New Energy Vehicles (NEVs) is no longer a distant sci-fi projection—it is an economic and environmental imperative reshaping global supply chains, urban planning, and consumer lifestyles. But as our cities grapple with shifting energy demands and rising living costs, a pressing question remains: Can South Africa keep pace with the global electric vehicle shift?

To unpack this complex intersection of sustainable mobility, infrastructure readiness, and future-fit living, we turn to industry insights from Linda Musonda, FNB's Product Head of Sustainable Finance, featured recently on the SAfm Market Update with Moneyweb.


THE
CAR
YOU
DRIVE
SAYS
A LOT
ABOUT
YOU

TECH WELLNESS



THE INFRASTRUCTURE AND INDUSTRIAL IMPERATIVE

FNB reveals the latest electric vehicles data

Transitioning to cleaner transport is about far more than swapping petrol pumps for plug-in stations; it is about building an entire ecosystem capable of sustaining modern industrial and consumer needs. According to Musonda, the pace of adoption in South Africa hinges heavily on bridging critical infrastructural gaps. Addressing the core challenges of grid reliability, charging networks, and commercial demand, Musonda notes: "When looking at the rise of new energy vehicles, industrial customer needs, and our national charging infrastructure, the conversation must shift from whether we want to transition, to how rapidly we can fortify the foundations required to support it."

For a developing economy like South Africa, integrating NEVs safely and efficiently into our daily lives requires deliberate collaboration between financial institutions,



NEED FOR SPEED

energy regulators, and municipal policymakers. It calls for robust investments in localized charging grids, smart-grid technology, and incentives that make sustainable alternatives accessible beyond niche luxury markets.

Sustainable transportation directly intersects with personal wellness and community health. Traditional internal combustion engines contribute heavily to urban air pollution, releasing particulate matter and greenhouse gases that exacerbate respiratory ailments and diminish overall quality of life in our metropolitan and commercial hubs.