

A Healthier and Happier You

Is your lifestyle affecting your health? Are you at risk of developing a medical condition because of it?

Think Active: Be Active

Physical activity is vital for a healthy lifestyle. It positively impacts on your physical, emotional and social wellbeing. Even just 30 minutes a day has proven health benefits and can increase your enjoyment of life.

Being active has the ability to help you lose weight, boost your self esteem and improve mental function. This can reduce the risk of heart disease, diabetes and lower your blood pressure.

If you increase the amount of activity in your day by a minor or moderate amount, this has been shown to dramatically lower your chance of dying young — especially over the age of 60. People with sedentary lifestyles are twice as likely to die before they reach 65.

What can you do?

- ◆ Think of movement as an opportunity, not an inconvenience.
- ◆ Be active every day in as many ways as possible.
- ◆ Ideally do 30 minutes of moderately intense physical activity on most days of the week.

Some tips and tricks...

Sometimes *the best medication* is a healthy diet and lifestyle.

And if it all seems too hard, just try move a little bit more today than you did yesterday.

- ◆ Play actively with your children rather than playing with screens
- ◆ Get off a stop early and walk part of the way to your destination. Or take the stairs rather than the lift.
- ◆ Keep trying to stop smoking.
- ◆ Join a walking group or a fitness class once a week.
- ◆ Do it together. Do it with your family, friends, partner or get your dog involved.
- ◆ Everyone is different and has different barriers to exercise — **so be active your own way**. Choosing activities that you like and can do for at least 10 minutes at a time all adds up.



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How weight loss works...

Weight loss can be challenging, but the maths is simple. If the number of calories that you put in your mouth are less than the amount of calories (or energy) your body uses (burns) then you'll lose weight.

Eat less and do more.

There are 3,500 calories in 1/2 kg of body fat. So if you reduce your food intake each day by 500 calories, you can lose 1/2 kg each week.

It is recommended that you lose no more than 1 kg each week.

Have smaller goals to start with such as, lose 4 kg over 4-6 weeks. Most people see and feel significant health benefits by losing 4-10 kg.

Resources Available

- Phone App—Myfitnesspal
- Website—www.healthyactive.gov.au/
- Website—www.cdc.gov/healthyweight/
- Website—www.gethealthynsw.com.au/

For further support and guidance consider seeing your GP and / or consult the advice of a Dietician or Personal Trainer.

So what should you eat?

- ◆ Think about what you put on your plate.
- ◆ Half your plate should be vegetables.
- ◆ Half of your grains whole such as cereals, breads, crackers and pasta.
- ◆ Switch to skim or light milk.
- ◆ Keep meat and poultry portions small and lean and eat seafood twice a week.
- ◆ Foods or drinks with little or no added sugar — and drink water!!!
- ◆ Drink water instead of soft drinks
- ◆ Select fruit for dessert and eat dessert less often.
- ◆ Season foods with spices and herbs — not salt.
- ◆ Eat less foods that are high in solid fats and cook with oils not solid fats.
- ◆ Eat smaller portions and use a smaller plate or bowl.
- ◆ Reduce alcohol consumption

Gain support from your family and friends. And keep at it — for yourself, your family and friends. Get in touch with that healthier and happier you!

Instructions:

