

Achieving Better Health



A Checklist

More and more people in our community are becoming overweight. It doesn't matter how old you are, what height or body type you have, if your waistline is getting bigger you could be increasing your risk of developing a chronic disease.

This fact sheet will:

- ✓ Help you to understand the risks
- ✓ Give you some interesting facts
- ✓ Provide you with a quick and easy checklist to follow on ways to reduce your risk of chronic disease and achieve better health.

Understanding the Risks

Daily we hear about people in our community developing chronic diseases like some cancers, heart disease, arthritis and type 2 diabetes. Healthy eating and being active is not only good for your health but can reduce the risks. And the sooner you start, the better you'll feel. A simple way to check if you're at risk is to measure your waist. So you should check with your doctor to find out more.

How do you measure up



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A Checklist to Better Health

There are lots of little changes you can make to change your lifestyle. Take small steps and you will soon improve your health.

- Eat at least 2 serves of fruit and 5 serves of vegetables every day
- Aim for 30 minutes or more of physical activity every day
- Limit your intake of unhealthy snack foods and take-away foods
- Drink plenty of water
- Avoid short trips in the car and walk instead
- Encourage a friend, neighbour or family member to join you and exercise together
- Don't sit in the park and watch your children or grandchildren play, join them!
- Take the stairs instead of using the lift

The good news is that it's never too late to benefit from a healthier lifestyle. And you can start right now!



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Did you know?

Chronic diseases – such as some cancers, heart disease and type 2 diabetes – are estimated to be responsible for nearly 80 per cent of the total burden of disease and injury in Australia.

- ✓ Having one chronic disease means that you are more likely to develop another
- ✓ Lifestyle differences between your home country and Australia, such as easier access to fast food, alcohol and a more inactive lifestyle, can have negative consequences
- ✓ Not properly treating an illness is dangerous and can lead to further complications
- ✓ Physical health will help to improve your mental well being and have a major effect on how you look and feel.
- ✓ You can reduce the effects of poor lifestyle choices and help prevent or delay the onset of chronic disease such as diabetes by improving the food you and your family eat and increasing physical activity.

For further information

There are many places you can go to for help and advice:

- ✓ Talk to your local or family doctor
- ✓ Visit australia.gov.au/MeasureUp
- ✓ Visit your local community health centre

What measures will you take

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