

# The more you gain, the more you have to lose.



Our lifestyles can have a major effect on our health and well-being.

Unhealthy eating and drinking and not enough physical activity can easily lead to an increased risk of chronic diseases such as some cancers, heart disease and type 2 diabetes.

A quick and easy way to assess your risk is to measure your waist.

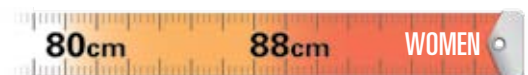
For most men, a waistline measurement of over 94cm carries increased risk and over 102cm indicates greatly increased risk. For most women, a waistline measurement of over 80cm carries increased risk and over 88cm indicates greatly increased risk.

The good news is it's never too late to benefit from a healthier lifestyle. Healthy eating and being active is good for your health and good for you.

And the sooner you start, the better you'll feel.

## Here are some simple measures you can take:

1. Go for at least 2 serves of fruit and 5 serves of vegetables every day
2. Limit your intake of "sometimes" foods like unhealthy snacks and take-away foods
3. Choose water as a drink
4. Be active every day in as many ways as you can
5. Avoid short trips in the car and walk or cycle instead
6. Take the stairs instead of the lift
7. Aim for 30 minutes or more of physical activity every day



Measurements may vary depending on your ethnic background.

For more information and measures you can take to reduce your health risks, go to [australia.gov.au/MeasureUp](http://australia.gov.au/MeasureUp) today.

## What measures will you take

**Australian Better Health Initiative**

A joint Australian, State and Territory government initiative.

