

12 weeks to a better life

How do you measure up



Australian Better Health Initiative
A joint Australian, State and Territory government initiative.

You've decided to make changes to your lifestyle. Well done!

This 12-week planner can help you through it. Week by week, follow the simple suggestions and create some new habits to reduce the risk of chronic disease and kick start a healthier, more enjoyable life.

Kick start your healthy life:

- ➔ Aim for 2 serves of fruit and 5 serves of vegetables every day
- ➔ Drink plenty of water
- ➔ Limit your intake of sugar, fats and salty foods
- ➔ Be active for 30 minutes or more every day
- ➔ Be active every day in as many ways as you can



Getting started

1 Set a start date for your 12-week plan. Write it down and stick to it. **I will start my 12-week plan on:**

Try to improve each week, building on your achievements. Slowly increase the time spent being active each week.

2 Set short term and long term goals. Make your goals specific and achievable. Rather than a vague goal like 'I will get fit', try a more specific goal like 'I will park five minutes further away from work every day'. When you achieve a goal, reward yourself. Not with food, but treat yourself to a new item of clothing, a massage or a movie.

Short term goals	Reward
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
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Long term goals	Reward
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3 Check your local paper or library for community activities such as walking groups, social tennis or dance classes in your area. Commit to trying something new!

Activity	<input type="text"/>	Day and Time	<input type="text"/>	Meeting point	<input type="text"/>
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Check out the Heart Foundation website www.heartfoundation.org.au for walking groups in your area.

Short term goals might include:

- Walking for 10 minutes three times a week
- Swapping sweet biscuits for fruit at morning tea every day this week.

Long term goals might include:

- Working up to 30 minutes of moderate activity every day
- Losing centimetres off your waist line.



