



TOMORROW
PEOPLE

“When it comes to your health
are you a team player?”

Rohanee Cox, Australian Basketballer

I need to
be in top shape –
both for my team and
for my daughter.

That's why I make sure
I get enough physical
activity, because it's
an important part of a
healthy lifestyle.

**By making a few
small changes –
like playing footy
with the kids
after school
or walking
to the**

**shops
instead of
driving, you
can improve
your health as
well as the health
of your family and –
ultimately – the
health of our
community.**

For more information on how
you can get more physical
activity into your and your
family's life go to
[www.australia.gov.au/
tomorrowpeople](http://www.australia.gov.au/tomorrowpeople)

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