

YOU'VE GOT TO MOVE IT!

We all know about the health problems in our community – obesity, diabetes, heart and kidney disease, cancer – but there's nothing you can do about it, right?

Wrong! There is plenty you can do to help build a healthier community, and it all starts with you leading a healthier lifestyle.

MORE PHYSICAL ACTIVITY MEANS BETTER HEALTH.

How can my lifestyle make a difference?

While we can't always stop ourselves from getting sick, if you eat healthy food, drink plenty of water and are physically active, you'll be more likely to live a long and healthy life.

A healthy lifestyle can help protect you from sicknesses like obesity, type 2 diabetes, heart and kidney disease, some cancers and other health problems. So if you start leading a healthier lifestyle, and encourage your friends and family to do the same, you're helping to build a healthier community – today, tomorrow and into the future.

More physical activity means better health

Olympic silver medal-winner Rohanee Cox certainly knows how important regular physical activity is, and not just for her own health and well-being.

"It's important for me to stay in top shape and be healthy for my team," she says.

For more information on how you can start building a healthier tomorrow, go to www.australia.gov.au/tomorrowpeople

"But it's even more important for me to be healthy for my daughter.

"As a parent, I know how important it is to make sure my daughter is healthy. "This means making sure she eats well and gets enough physical activity, but it also means making sure I set the right example by living a healthy life as well."

How much physical activity do I need?

Getting enough physical activity is an important part of a healthy lifestyle, but you don't need to be training for hours a day. All you need is at least 30 minutes of moderate physical activity on most or all days of the week. Moderate physical activity can be a brisk walk, a swim, a bike ride, mowing the lawn or even some vigorous housework!

You can even break up your physical activity into smaller periods. For instance, walk the kids to school in the morning, and then walk to pick them up again in the afternoon. (If you're pregnant, have been previously inactive or suffer from a medical condition, you should check with your doctor or health worker before doing vigorous physical activity.)

By making a few small changes – like playing a game of footy with the kids after school or walking to the shops instead of driving – you are making a big difference to you and your family's health.

"These small changes can make a real difference," Rohanee says. "Get into the habit of being more active, and you'll soon be feeling the benefits.

"You'll also be helping to build a healthier tomorrow – for ourselves, for our kids and for our community."

Tomorrow People starts today
Do it for our kids. Do it for our culture

Authorised by the Australian Government, Capital Hill, Canberra.

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