



LIFESTYLE CHOICES



 CATER CARE



EXERCISE IS MEDICINE

Think of physical activity as a dose of medicine. Taken regularly, it can prevent diabetes, hypertension, cancer, depression, osteoporosis and dementia. Have you had your recommended dose today?

THE PROBLEM WITH DIETING TO MANAGE WEIGHT

Weight is influenced by many factors including genetics, hormonal influences, medications, eating and physical activity. Some of these things can be changed; others cannot (for example, genetics and hormonal influences).

The key to successfully managing weight is to make realistic changes to your lifestyle rather than focusing on changing your body. The problem with short term diets is that they can put your health at risk and are very difficult to maintain in the long term. A healthy approach includes physical activity, generally eating healthy, nutritious foods and including a wide variety of foods in your diet.

LIFESTYLE GOALS RATHER THAN WEIGHT LOSS GOALS

If a person is over their most healthy weight and one of their goals is to lose weight, it is important to focus on sustainable behavioural goals and allow the change in weight to come as a result of the behavioural change.

Taking the focus away from weight and weight loss can be very helpful. Focusing on setting goals to work towards healthy behaviour is much more helpful.

EATING AWARENESS

WHAT IS HUNGER?

Over time we often forget what physical hunger feels like. To become aware of the difference between hungry and non-hungry eating, it is helpful for you to check your hunger level before and after you eat using the following simple hunger/fullness scale: Empty | Getting empty | Slightly empty | Over full | Stuffed full

If not hungry, why eat?

SOME REASONS CAN INCLUDE:

- Finishing what's on the plate because as a child parents encouraged this
- Boredom, tiredness, sadness and stress
- The clock says it's lunchtime
- As a coping mechanism to deal with difficult emotions
- It is important to have an awareness of non-hungry eating and the other reasons for eating. Using the hunger scale can assist with increasing hunger awareness.

FOUR TIPS TO HELP YOU MOVE MORE

There are four types of activity that we can do every day to help increase the amount of activity we do.

1. SITTING TIME – AIM TO DO LESS!

Aim to get up at least every 30 minutes and limit the time you spend in front of the TV or computer (outside working hours) to two hours per day.

2. EVERYDAY ACTIVITY – AIM TO DO MORE!

Walk to the shops, use the stairs instead of using the lift, do activities around the house or garden.

3. MODERATE-INTENSITY PHYSICAL ACTIVITIES – DO IT EVERY DAY!

Aim to do at least 30 minutes of moderate-intensity activity every day, such as brisk walking, bike riding or swimming.

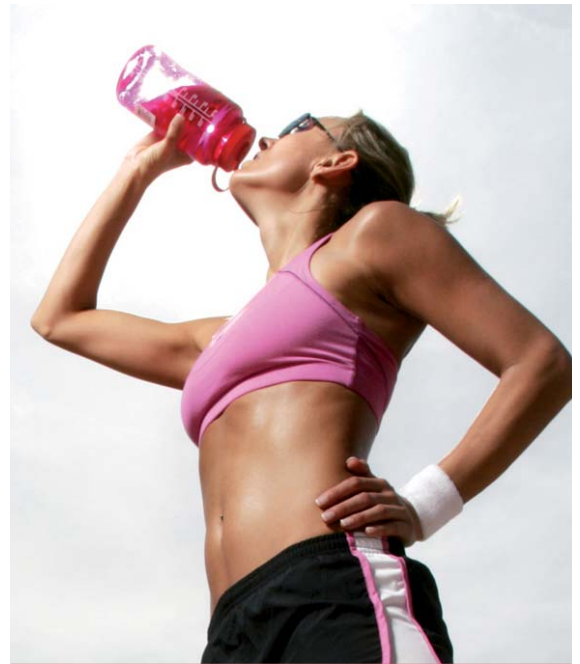
4. STRENGTH TRAINING

Aim to do two to three sessions of strength training each week.

BENEFITS OF BEING PHYSICALLY ACTIVE

There are many benefits to being physically active:

Enhances feeling of wellbeing | Enhances performance of work, recreational and sport activities | Increases muscle mass
Increases resting metabolism | Builds confidence and self esteem
Increases energy levels | Improves flexibility | Reduces blood pressure | Reduces total body fat | Reduces anxiety and depression



PHYSICAL ACTIVITY GUIDELINES FOR ADULTS

There are four steps for better health for Australian adults.

1. Think of movement as an opportunity, not an inconvenience.
2. Be active every day in as many ways as you can.
3. Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days.
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness.

