



FREE
telephone service

gethealthy.sa.gov.au

Need some extra personal help?

Making changes to eat healthier, be more active and manage your weight can be hard.

Get Healthy Information and Coaching Service may be able to help.

Get Healthy is a **free** telephone coaching service offering 10 calls over six months.

Your personal coach will help you:

- Identify the changes you want to make
- Set goals for change
- Create a plan for action
- Be motivated and stay on track to success!

To find out more call

1300 806 258

Monday - Friday 8am - 8pm

or visit

gethealthy.sa.gov.au

Useful resources

Open Your World
openyourworld.sa.gov.au

SA Health
sahealth.sa.gov.au

Heart Foundation
heartfoundation.org.au

Cancer Council
cancersa.org.au

Stroke Foundation
strokefoundation.org.au

Kidney Health Australia
kidney.org.au

Australian Dietary Guidelines
eatforhealth.gov.au

Australian Physical Activity Guidelines
health.gov.au/paguidelines

Sleep Health Foundation
sleephealthfoundation.org.au

Healthy Weight Guide Australia
healthyweight.health.gov.au

Dietitians
daa.asn.au

Exercise Physiologists
essa.org.au

Fitness Instructors
fitness.org.au

Information and advice in this leaflet is intended for adults 18 – 65 years. Advice may differ for children and older adults.

For more information

Wellbeing SA
sahealth.sa.gov.au/WellbeingSA

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*SA Health Safety and Quality Community Advisory Group.

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Be as healthy as you can

Quit smoking

Eat well

Limit alcohol

Be active

Sleep enough



Government
of South Australia

Supporting your state of wellbeing

Wellbeing SA

South Australian health services are committed to helping you be as healthy as you can.

There are lots of things we can do to help you be as healthy as you can... and there are lots of things you can do too.

Making choices to quit smoking, eat well, limit alcohol, be active and get enough sleep can help you feel better and improve your physical and mental health. Healthy choices reduce your chance of developing serious long-term health problems such as heart disease, type 2 diabetes, stroke and some cancers. Healthy choices can also help you better manage existing health problems.

It can be hard to change old habits but there are some things you can do to make it easier:

- > Set a realistic goal
- > When you reach that goal set another
- > Don't make too many changes at once
- > Get professional advice so you know what is best for you
- > Get family and friends to join you – it is easier than doing it alone
- > Be prepared for slip-ups – don't give in, just start again.

Quit smoking – this will reduce your risk of heart disease and stroke and help prevent lung disease and many cancers. You will save money too!

To help you quit smoking:

- > Call the **Quitline** – 13 7848
 - > Talk to your doctor or health worker about nicotine patches or other help
- cancersa.org.au/quitline

Eat well – this will help you maintain a healthy weight and reduce your risk of diabetes, heart disease and some cancers.

A healthy diet includes:

- > Plenty of vegetables and fruit
- > Whole grain cereals and breads
- > Water instead of sugary drinks
- > Minimal sugar, salt and fat
- > Breakfast everyday
- > Smaller serving sizes

eatforhealth.gov.au

Limit alcohol – this will help prevent heart and liver disease and some cancers. Limiting alcohol also lowers your kilojoule intake. Consume no more than two standard drinks of alcohol per day, that's about 200mls of wine or two stubbies of light beer.

alcohol.gov.au

Be active – 30 to 60 minutes per day of moderate paced activity will help you reduce your risk of diabetes and heart disease, maintain a healthy weight and keep your muscles and bones strong. Physical activity also promotes mental health and wellbeing. Build up 10 minute sets of exercise by walking, swimming, cycling, gardening, or using the stairs - even housework counts. Aim to do strength exercises a few times each week.

Remember – Sit less and move more.

health.gov.au/paguidelines

Get enough sleep – this will help with physical recovery and repair, brain development, cardiac function and metabolism. Sleep assists learning, memory, concentration, reaction times and mood. Regular lack of, or poor quality sleep can add to long-term health problems such as obesity, type 2 diabetes, heart disease and poor mental health.

To help you sleep you should try to:

- > Do something relaxing prior to bed
- > Go to bed and get up at the same time each day
- > Avoid caffeine and heavy food close to bed time
- > Avoid using bright-lit electronic devices in the hour before bed, or in the bedroom
- > Aim for 7 – 8 hours sleep each night

sleephealthfoundation.org.au

