Tips for taking small steps towards improving your health

Healthy eating:

• Search the internet for websites that have healthy eating tips and recipes http://healthyweightweek.com.au/indigenous-resources/

• Plan your meals for the next week and put together a shopping list with everything you need

• Clean out unhealthy foods from your cupboards (remove temptation!)

• Keep frozen veggies in the freezer in case you don’t have time to go shopping for fresh food.

Exercise:

• Include exercise in your commute to work – this might include cycling or walking, or parking 15 minutes away so you can walk the rest of the way

• Go for a walk at lunch with a co-worker

• Check and see whether you can have walking meetings at work

• Meet a friend once a week to walk, run, swim, ride, kick the footy around or go to the gym

• Exercise on country will also help you feel connected

• Kick the ball around with the kids or grannies for ½ an hour
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**Hobbies:**
- Check what activities are available in the community and think about some that interests you (e.g. see if there’s a Men’s Shed, paint with the elders)

**General Wellbeing:**
- Spend time with family and community who support you in being healthy and strong
- Create healthy ways to connect with family and friends (e.g. BBQs, going bush, playing footy etc)
- See a counsellor to talk through any stress you may be experiencing
- Try and get 8 hours of sleep so you wake up feeling fresh