

DIET, LIFESTYLE AND WELLBEING

Diet and lifestyle play a major part in your family, social and professional life and your overall wellbeing. Making a couple of changes can immediately make a big difference to how you feel. Below are some tips for better health and feeling great.

EXERCISE

- Make 30 minutes of exercise a day (minimum) part of your daily lifestyle.
- Stretching – make sure you warm up before and cool down after exercise.
- Regular exercise reduces stress, promotes better sleep behaviour, increases energy and is great for your heart.

EATING HEALTHY

- A nutritious and balanced diet is vital to allow the body to function at its best.
- Cut down on alcohol intake: overuse of alcohol can increase feelings of depression.
- Eat two pieces of fruit and five serves of vegetables every day.
- Limit fast food and food with high sugar and salt.
- Choose water as a drink.

HEALTHY MIND

- Balance family and work life.
- Develop and maintain relationships with people around you who will support and enrich your life.
- Take time to relax.
- Have interests outside of work. Remember to set aside time for activities, hobbies and projects you enjoy.

**FOR MORE INFORMATION GO TO
WWW.TRADIESHEALTH.COM.AU
AND SEE THE RESOURCES AVAILABLE.**

