



Lifescrpts

Advice for Healthy Living

My action plan for a healthy lifestyle



My name:.....

Date of birth:.....

To improve my health I will:

.....
.....

For help with this goal I can contact:

.....
.....

NEXT APPOINTMENT:

Date:

Time:

We can review how you are going at this appointment.

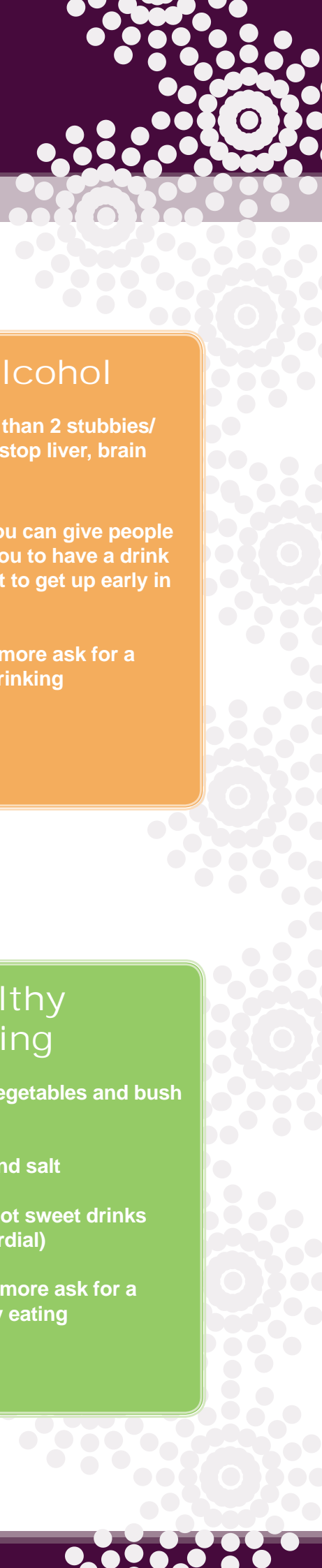
Healthcare Provider's Signature:

Date:



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Advice for Healthy Living



Stopping Smoking

Medicines can help you stop

Find something else to do instead of smoking, like go for a walk

Instead of smoking talk to your friends, healthcare provider or family if you feel stressed or bored

If you want to know more ask for a pamphlet on quitting smoking



Grog/Alcohol

Cutting back to less than 2 stubbies/cans a day will help stop liver, brain and heart problems

Think up answers you can give people if they keep telling you to have a drink such as 'Nah I've got to get up early in the morning'

If you want to know more ask for a pamphlet on safer drinking



Healthy Weight



Being More Active

Do a physical activity for 30 minutes every day

Go for a walk or play sport instead of watching TV

If you want to know more ask for a pamphlet on increasing your physical activity



Healthy Eating

Eat plenty of fruit, vegetables and bush tucker

Eat less fat, sugar and salt

Drink lots of water not sweet drinks (soft drink, juice, cordial)

If you want to know more ask for a pamphlet on healthy eating