



TRADIES NATIONAL HEALTH MONTH

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.



Pain Breaker

Play it now

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