

# LEADING A HEALTHY LIFESTYLE

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.



## EXERCISE REGULARLY

Get at least **150 minutes** a week of moderate aerobic activity or **75 minutes** a week of vigorous aerobic activity. You can accumulate these minutes through a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.

*As a general goal, aim for at least 30 minutes of physical activity every day.*



## DRINK LOTS OF WATER

This helps flush our systems of waste products and toxins, yet many people go through life dehydrated, causing **tiredness, low energy, and headaches**. It can be common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

*Aim for 8-10 glasses of fluid per day*



## EAT HEALTHY FOOD

Eating a healthy, balanced diet provides nutrients to your body. These nutrients **give you energy, keep your heart beating, your brain active, and your muscles working**. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time daily and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocussed time each day to refresh; meditation or yoga are perfect for this. It's okay to add 'do nothing' to your to-do list!

Sources:

[www.fitness.gov](http://www.fitness.gov), [www.mayoclinic.org](http://www.mayoclinic.org), [www.helpguide.org](http://www.helpguide.org),  
[www.livelifewell.nsw.gov.au](http://www.livelifewell.nsw.gov.au), [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)