

A collection of health and fitness items including a running shoe, celery, an apple, a water bottle, a measuring tape, and a music player.

YOUR GUIDE TO A HEALTHIER TODAY

A healthy lifestyle is something we're all after, but things like work, bad habits and stress can contribute to us feeling like we don't have the time or energy. The good news is, to get the most out of life, you don't need drastic weight loss programs or diet pills, just a balanced mix of being active and good food.

And right now is the best time to start, so don't worry about yesterday, focus on today and do something for you.

It's your step towards a healthier today.

THE FIRST STEP

So here you are, the start of your adventure. A healthier today is all about making good choices for your body and mind. Once you start making these good choices, you'll see the positive effects on your health and wellbeing, making it easier to live, learn, work and play. You've made a great first step by grabbing this guide, now it's time to get started!

Throughout this guide, we will be covering heaps of different areas, with a focus on today and the things you can do now, be they big or small, to make you feel great and stay healthier.

Even the smallest of changes can make a difference over time. And it's easy, any one can do this, so get your friends and family involved and make it fun.

Look out for:

SWAP IT
DON'T STOP IT!

be active.

GO FOR 2&5
Go for 2&5

tips throughout the guide to give you some simple, quick tips to help you on your way to a healthier today.

TODAY'S CHALLENGE



Come on, up off the couch, let's **be active**. For health benefits adults need to do at least 30 minutes of moderate activity most days of the week and for the kids, at least 60 minutes every day. So that's it, half an hour and it doesn't have to be vigorous. You could go for a walk or a swim, get out in the garden or have a hit of golf.

TODAY'S CHALLENGE



Try a new fruit or veggie for lunch or as a snack today. How about celery with low fat cream cheese or corn on the cob? Or a three bean mix is a quick and easy option when you're on the run. For lunch, how about this tuna and avocado salad? Visit www.gofor2and5.com.au



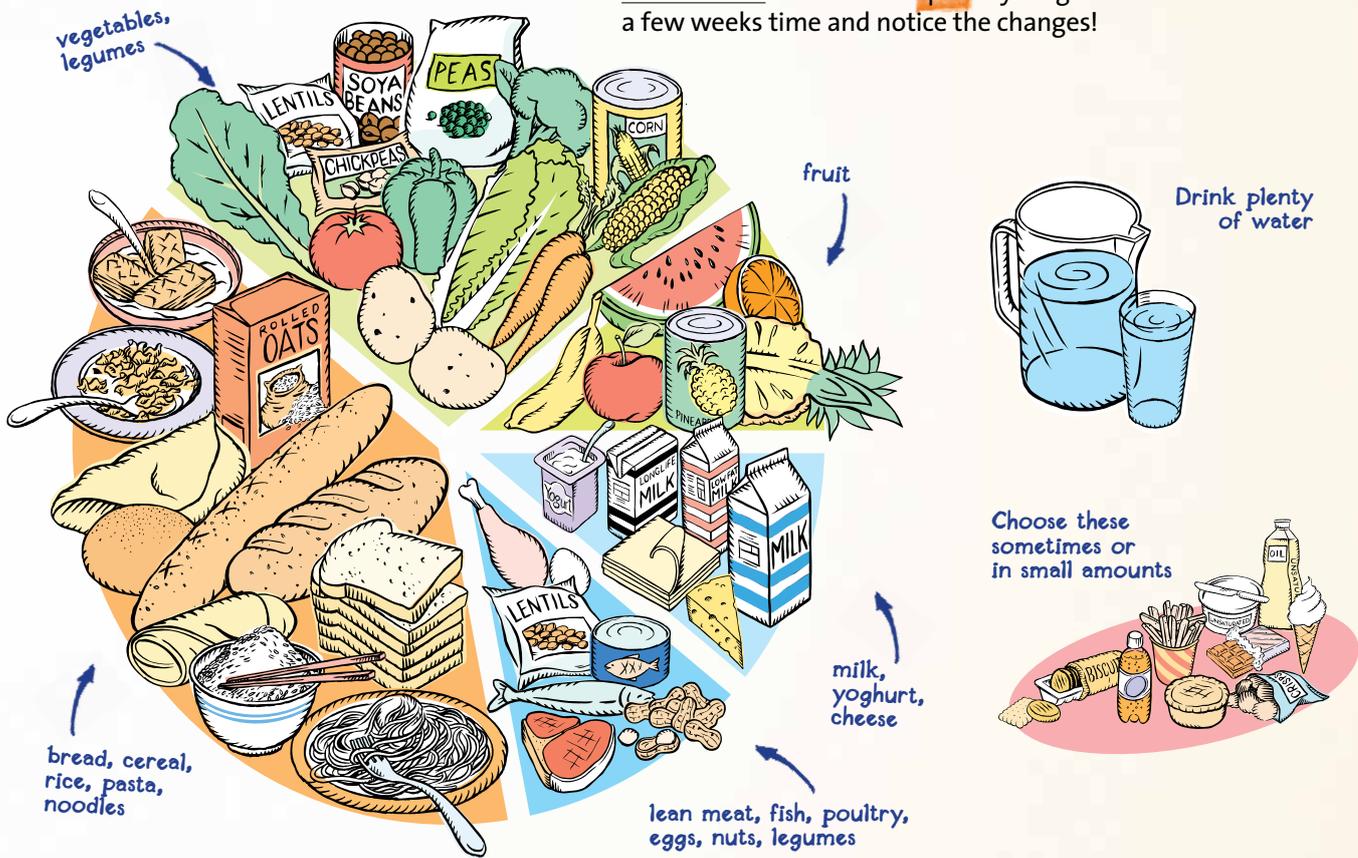
How healthy is your weight and waistline? Visit the 'Healthy Weight' page on the SA Health website www.sahealth.sa.gov.au/healthyliving

It's easy to get confused by all the information out there about healthy eating, so let's get down to basics. Meet the Australian Guide to Healthy Eating. The key to healthy eating is simple, it's about enjoying a variety of foods from each of the food groups every day.

You should be getting into plenty of vegies, fruit and legumes, breads, rice and pasta, and don't forget to include lean meat, fish, poultry, eggs, milk, yoghurt and cheese. The

cheeky little section at the bottom shows foods that aren't essential to our bodies. These should only be chosen **sometimes** and in small amounts. Find out how many serves you need at www.sahealth.sa.gov.au/healthyliving

Now is the perfect time to check out how your diet measures up. Head on over to www.daa.asn.au/for-the-public/smart-eating-for-you/healthy-eating-self-assessment/ and take the **quiz**. Try it again in a few weeks time and notice the changes!



SWAP IT! DON'T STOP IT! TIP

“What is Swap It, Don't Stop It?” we hear you ask. Well, it's all about small swaps you can make everyday to eat well and **be active** on your way to a healthier life. Swap big meals for small, swap sitting for moving, and swap watching for playing. Think about all the swaps you can make today at work, home or shopping.

Today's tip is about dairy. Dairy foods are high in calcium, which is essential for growing bones and helps to prevent osteoporosis in adults. Swap full fat dairy foods for low or reduced fat, there's less of the bad stuff and you're still getting all the goodies you need. Best part is it's still tasty as!

For other ways to cut out saturated fat (the bad stuff) go to www.sahealth.sa.gov.au/healthyliving

ACTIVATE!

Let's talk about being active. Everyone wants to feel fitter and more energetic but for whatever reason, you let things get in the way.

All you need is 30 minutes a day to get that energy and just watch everything change. If you're struggling to find the time for half an hour, break it up into 10 minutes of activity three times a day. Seems small, but it will affect everything around you.

Less stress, better concentration, a better night's sleep, a more comfy waistline and here's the big stuff: there's less chance of getting heart disease, diabetes, and some types of cancers.

Most of us can get cracking straight away. As always, if you haven't been active for a long time, if you're over 50, or if you have any medical issues, get that sorted with your doctor first.

You want **to make being active a habit**, like brushing your teeth or tying your shoes. Your body needs to get used to it though, so start out easy. The more you get into it, the more your body will, and you can always kick it up a notch once you get stronger.

Try finding an activity you like and set yourself goals. Change things up if you get bored. Make being active a priority in your day.

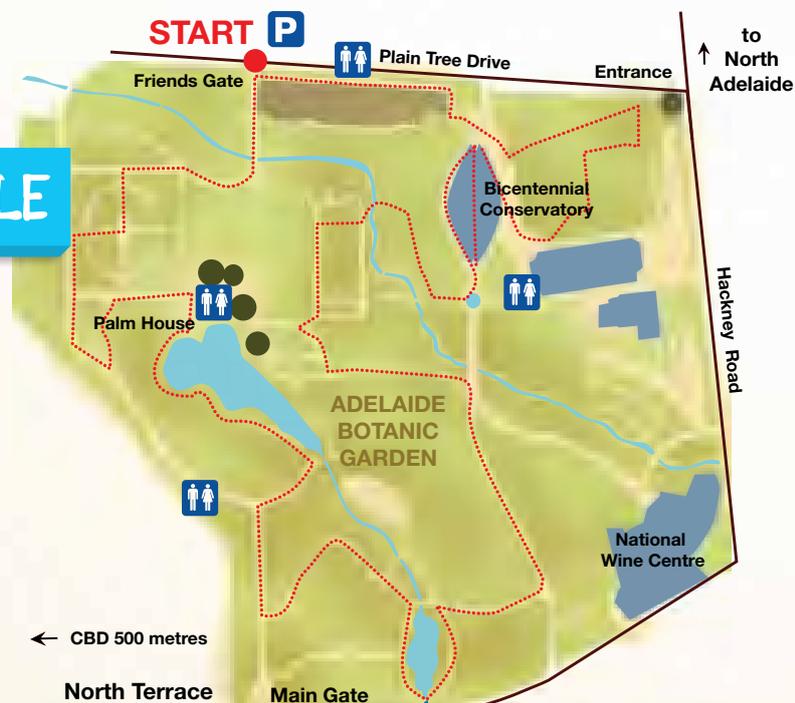


be active. TIP

Being active doesn't have to be expensive, in fact it's free! You don't need fancy gym wear or to suit up in lycra. All you need is comfortable shoes and clothes...and get out there!

BOTANIC GARDEN RAMBLE

This 2km walking trail through the Adelaide Botanic Gardens showcases native plants, water features and heritage buildings. This is a great walk and fun to do as a family.



ALL IN THE FAMILY

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HEALTHIER TODAY

You're well on our way now, you're cruising! If you haven't already, now's a great time to get your family involved in your healthy lifestyle. Let them know about how good you're feeling and encourage them to get active and eat healthy foods too. After all, you're the best role model for your kids, so **make healthy living a family priority.**

It's important for their growth that kids and teens get a real mix of moderate (walking,

bike riding) and vigorous (dancing, running, fast paced sports) activities. Get them involved every time you're being active.

You could run or ride bikes together, kick the footy or go for a swim at the beach. Support them in whatever activity they choose, whether it's organised sport or something less structured. Just like your healthy lifestyle, it's always good to try a variety of new things to keep the family interested.

TROPICAL PIZZA

5 mins prep
10 mins cooking



be active. TIP

Adults need 30 minutes of physical activity a day. School aged kids need to be active for longer than adults. They need at least an hour of activity every day. Toddlers and preschoolers need at least 3 hours a day of moving and playing.



Ingredients

- 25cm pizza base or Turkish bread
- 1/4 cup tomato pasta sauce
- 100g ham, chopped
- 225g can pineapple pieces (in natural juice), drained
- 1 medium red or green capsicum, seeded and chopped
- 100g mushrooms, sliced
- 100g grated Mozzarella cheese
- 1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

Quicker than picking up takeaway pizza! 5 minutes preparation and 10-15 minutes cooking, 5 serves of vegies in this recipe.

Method Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned. **Serves 4.**

Hint Make 8 mini pizzas using 4 halved English muffins as bases.

Variation On top of the tomato sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato and rosemary and top with cubes of reduced-salt feta cheese.

For more tasty recipes visit the SA Health facebook page and follow the links to order a free **Healthy Food Fast Cookbook.**

SIT LESS, MOVE MORE



Sometimes it's unavoidable, you can spend hours each day just sitting at work, at home and travelling. Sitting down for long stretches can be bad for our health. Research tells us it can lead to weight gain, posture problems and increase the chance of disease, but there are easy ways to combat all these risks.

You already know you need 30 minutes of being active each day, but if you're sitting a lot each day, it's also important to break up that time. Check out our **be active** Tip below for some quick and simple ways to get moving!

TODAY'S CHALLENGE

Often it feels like we live in front of screens. Moving from the computer at the office, to the TV at home and the phone in between. When you are home, limit your screen time to 60 minutes today. Too much screen time is also bad for our children's health. Try to limit the amount of time your children spend watching television, playing video games or surfing the net (unless it's homework!) to no more than 2 hours. Instead of the laptop, grab a frisbee and head outside.

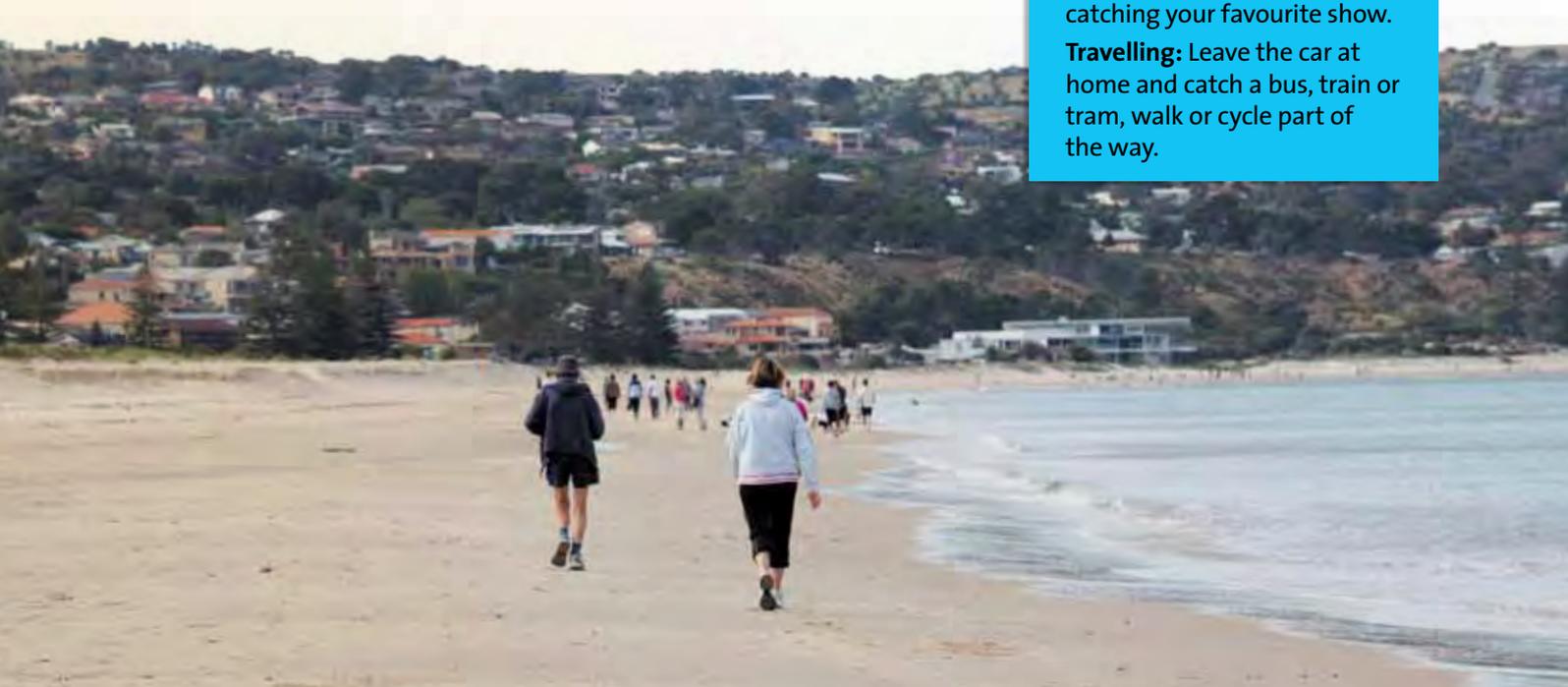
be active. TIP

Take regular breaks from sitting. Get up often, get those legs moving and give your mind a well earned break.

At Work: Stretch your legs and walk to see a workmate instead of emailing.

At home: Stand up and stretch during ad breaks while catching your favourite show.

Travelling: Leave the car at home and catch a bus, train or tram, walk or cycle part of the way.



FRUIT AND VEGIES

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HEALTHIER TODAY

When it comes to eating healthy, fruit and vegies are right up there. Eating 2 serves of fruit and 5 serves of vegies every day is one of the biggest changes you can make in your diet to feel great and stay healthier. The nutrients they give us can't be underestimated, you'll look and feel fantastic, they're just awesome!



GET 2&5 INTO YOUR DAY

2 serves of fruit and 5 serves of vegies sounds like a lot to pack into one day, but if you spread it across breaky, lunch, dinner and tasty snacks, it's much easier. To get some great tips and affordable recipes go to www.sahealth.sa.gov.au/healthyliving and order the free "Healthy Food Fast" cookbook.



TIP

Strapped for time? Frozen and canned fruit and vegies count - they still have all those nutritious goodies we all need! Try steaming some frozen vegies in the microwave if you're pressed for time. Choose canned vegies with no added salt and canned fruit in natural juice or water.

TODAY'S CHALLENGE



Today's challenge is to add an extra serve of vegies to one of your meals. Half a cup of cooked vegies is a serve, one medium potato is a serve, or one cup of salad vegies is a serve. Mmmmm!



RED BEEF CURRY

20 mins prep
15 mins cooking



Ingredients

- 2 cups rice
- 2 teaspoons vegetable oil
- 400g lean blade steak, sliced into strips
- 2 medium onions, sliced
- 3 teaspoons red curry paste
- ½ cup chicken stock
- 500g pumpkin, finely diced
- 2 red capsicums, seeded and finely sliced
- Rind of 1 lemon, grated
- 250 ml reduced-fat coconut milk
- 1 bunch English spinach leaves, washed and roughly chopped

Method Cook rice following packet directions. Heat half the oil in a large pan, pan-fry beef for 5 minutes until brown, set aside. Heat remaining oil and pan-fry onion until tender. Stir through the curry paste, stock, beef, pumpkin, capsicum and lemon. Simmer for 10 minutes until pumpkin is soft, adding a little water if necessary. Pour in coconut milk, stir through spinach and cook until wilted. Do not boil. Serve over rice. **Serves 4.**

Hint To reduce fat content, substitute one can of low-fat evaporated milk and one teaspoon of coconut essence for coconut milk.

Variation For a green chicken curry, substitute the steak for chicken and use green curry paste instead of red. Replace pumpkin with green beans.

You're at the halfway point of the guide, well done! You might be feeling a little better already. Getting a bit more sleep, making it through the day a little easier? Your mind and body may be getting used to being active on a regular basis.

But what happens when something comes up to interrupt it all? It's okay, **don't chuck in the towel, setbacks come and go**. What's important is to treat them as something temporary and get back on track.

Think about the times of day you are being active, this might be a point to mix it up. Try something completely new and refresh your whole plan.

Use breaks like the weekends as a chance to **be active** in different ways with your friends and family. Get a friend or workmate involved who enjoys the same things as you, the support might be just the thing to help you push on.

Whatever you choose, remember to **stay focused on the best you can do for today**.

YOU'RE GOING GREAT, STICK WITH IT!

TODAY'S CHALLENGE

We've spoken about goals before, they're a great way to measure how your new healthy lifestyle is going. Today's challenge is to **set yourself a new goal and write it down**. It might be a healthy eating goal or something fresh to help you **be active**. Writing it down and reminding yourself makes you more likely to achieve it.

The Swap It, Don't Stop It! 12-week planner and iPhone app are great ways to help you set goals and stay on track.

Visit www.swapit.gov.au/start-swapping



be active. TIP

At certain times, we can all struggle to **be active**. If you find an activity you love doing, it becomes less of a chore. Soon enough you'll get excited about doing it and it will become part of every day.



GET WALKING

In this guide, we often talk about how the small stuff can help to make big changes in a healthy lifestyle. Nothing is truer of this than going for a walk, in fact it's South Australia's favourite form of physical activity.

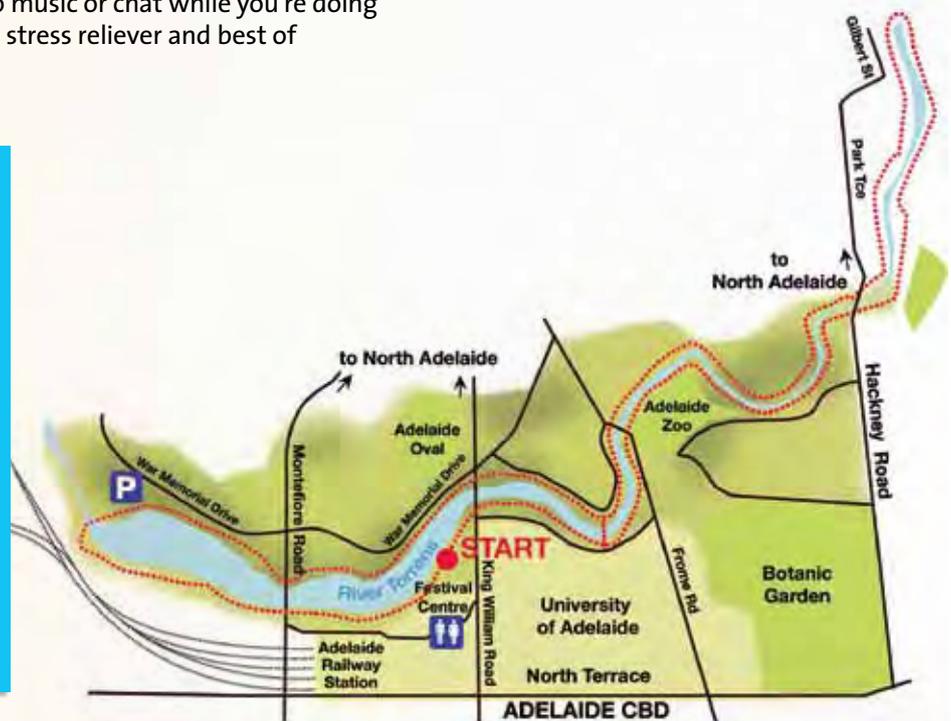
Walking's a really valuable activity because it's something you can do any time of day, by yourself or with mates, and there are walking maps if you want to try a new challenge. You can listen to music or chat while you're doing it, it's a nice stress reliever and best of all it's free!

A lot of us already walk every day, so time how long you're walking for now, and aim to get at least 30 minutes every day of the week.

If you feel like you need more encouragement to hit the trail, a walking group may be right up your alley. Meet some new faces and share in being active. To find a walking group near you visit: www.heartfoundation.org.au/walking or www.walkingsa.org.au

be active. TIP

There are plenty of scenic walking trails to enjoy around Adelaide. Try this....Too far away? Visit www.lga.sa.gov.au and go to your local council's web page to find local walking trails in your community. For more walking trails download the '40 Great South Australian Short Walks' at www.southaustraliantrails.com



Torrens Linear Park:

It is a two-way trail with a smooth bitumen surface and bridges that cross the river, making it easy to loop back to your starting point, or choose a shorter route.

This trail is 10km in length and is for walking and cycling, and excellent for families.



Walking is one of the best things you can do to live a longer, healthier life. 30 minutes a day is all you need. It can be one long walk or three short ones.

www.sahealth.sa.gov.au/beactive

be active.

HEALTHY LUNCH AND SNACK IDEAS

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HEALTHIER TODAY

Pack your lunch and save \$\$

Finding the time to pack healthy foods into your day might look tricky, but it's easier than you think and can save you lots of cash!

Plan your shopping list before you buy groceries and aim to prepare lunch and snacks before you head out for the day. Preparing in advance gives you the best shot at getting the 2 fruit and 5 vegies adults need every day.

Follow these steps to build a better lunch box!

Step 1: Base snacks on fruit and vegies

Fresh fruit is a quick, easy, sweet snack, just cut up and eat, or try canned fruit juice in natural juice (not syrup). Jazz up vegies with dip (low fat hummus or tzatziki) or salsa.

Step 2: Base lunches on:

Breads and cereals - Wholegrain or Wholemeal bread, rolls, pita bread, rice, pasta or couscous.

Add protein

Lean meats, eggs and legumes, eg turkey, chicken, beef, ham, tuna, salmon, boiled eggs, kidney beans or chickpeas.

Add vegies

At least 1-2 serves of salad or vegies, eg lettuce, tomato, carrot, cucumber, pumpkin, mushrooms, capsicum or broccoli.

Add some flavour to the mix with reduced fat mayo, light cream cheese, dips, chutney, mustard, avocado or tomato based pasta sauces.

Swap this

2 minute noodles (74g pack) = 1,380 kJ



For this

1 cup (250g) of chunky vegetable soup = 360 kJ



YOU SAVE

1,020 kJ

6 small crackers (480 kJ) and 3 tbsps (60g) French onion dip (540 kJ) = 1,020 kJ



1 handful (75 g) carrot, cucumber and celery sticks (80 kJ) with 3 tbsps (60g) low fat tzatziki dip (180 kJ) = 260 kJ



760 kJ

3 chocolate chip cookies = 750 kJ



1/2 cup of rockmelon (105 kJ) with 100g low fat fruit yoghurt (325 kJ) = 430 kJ



320 kJ

Fruit muesli bar = 547 kJ



Medium banana (170g) = 416 kJ



131 kJ



SWAP IT! TIP

Give your pantry a spring clean and get rid of those processed foods like biscuits, chips, chocolate and confectionary. Swap for fruit and vegies. This will help you get your 2 serves of fruit and 5 serves of vegies every day and save you kilojoules and money too!

CHOOSE TAP WATER

As well as eating delicious fresh foods every day, we all need to be drinking plenty of fluids. All fluids help meet our daily fluid quota, but as the Australian Guide to Healthy Eating says, it doesn't get any better than good old water.

As it is, water makes up about two thirds of our body weight so you need to replace the amounts lost through things like sweating.

In our climate, you need to be drinking at least a litre and a half of water per day – that's roughly two 750ml water bottles full.

Here's some cool ways to make sure you get more water:

- Keep a bottle on the table at meal times and on your work desk.
- Chill some water in the fridge for hot days.
- When eating at a restaurant, always ask for a jug of water for the table.
- Have a refillable water bottle in your bag, at work or in the car.

TODAY'S CHALLENGE

Try to get at least a litre and a half of non-sugary fluid today. Fill up your water bottle before you leave the house and refill it in the afternoon.

tap water is
kJ, sugar and
cost free



375ml soft drink:
10tsp of sugar
and 670kJ



250ml glass
green cordial:
6tsp of sugar
and 335kJ

375ml sports drink:
7tsp of sugar
and 490kJ

SWAP IT!
DON'T STOP IT!

TIP

Now that you know how much fluid the body needs every day, it can be really tempting to go for things like a soft drink with lunch. Swap that sugary drink for a glass of tap water. It's free, has no sugar or kilojoules and is much better for your teeth. Check out the comparison between a can of soft drink, sports drink, cordial and a glass of water.

Delicious and healthy food is everywhere, no matter your budget. Whether you're buying for one or the whole family, creating tasty meals won't break the bank.

Writing a shopping list before hitting the shops gives you the best chance of remembering all those fresh goodies you need for a healthier today. It also stops you being tempted once you're there!

Here's your very own shopping list of suggestions for doing the weekly shop:

- Plan your meals for the week and take healthy leftovers for lunch.

- Shop around in your local area to find the cheapest prices.
- Hunt for specials and compare unit pricing per 100g or per kg.
- Grab fresh fruit and vegies that are in season, it's cheaper and they will taste better.
- Think about growing your own vegies or get involved in a local community garden. www.communitygarden.org.au

Why not take the **free virtual shopping tour** on the Dietitians Association of Australia website and put your healthy shopping skills to the test! www.daa.asn.au/hesy

SWAP IT! DON'T STOP IT! TIP

Healthy lunch and snacks don't have to be expensive, check out the price per kg below. The healthier choices are cheaper!

Healthy		Unhealthy	
item	Per kg	item	Per kg
Baked beans on toast 	\$4.35	Pastie 	\$18.60
Corn on the cob	\$2.98	Meat pie	\$13.30
Apples 	\$2.98	Chocolate 	\$19.00
Carrot, capsicum and celery sticks	\$3.74	Savoury crackers	\$12.80
Plain popcorn 	\$3.10	Potato crisps 	\$13.15
Banana	\$2.98	Banana cake	\$12.75
Low fat fruit yoghurt 	\$6.00	Muesli bar 	\$21.10

* cost calculated from a central metropolitan supermarket in Adelaide (March 2012). Where possible the average price of generic brand and brand products were used.

ALMOST THERE

Nearly there, but that doesn't mean your new healthy life has to slow down. Over the last couple of weeks we've covered a lot of helpful info and now you're pretty much the master of making good choices for you and your family.

Remember you can always go back and start the guide again, or pass it on to a friend looking for a healthier today. Share your stories, techniques and suggestions with others on our Facebook page and get involved in a community of people being active and eating well.

Why not be a leader and encourage people in your workplace, local community, sporting club or school to make some of these small changes towards a healthier today.

You're not by yourself either. There are a lot of places and sites you can visit for help and more information:

SA Health

www.sahealth.sa.gov.au/healthyliving

Go for 2&5® www.gofor2and5.com.au

Swap It, Don't Stop It! www.swapit.gov.au

Community Gardens

www.communitygardens.org.au

Dietitians Association of Australia

www.daa.asn.au

**be active. TIP**

What's something you never thought you'd be able to do two weeks ago? Something you never would've even considered before this journey. Maybe it was taking a walk on a new walking trail, going for a ride on your bike, or even spending the afternoon outside with your family. Now's the time to get out and do it!



Go for it!



Don't forget healthy living means making healthy choices every day, including not smoking and having no more than 2 standard drinks on any day. Having 4 standard drinks doubles your risk of an alcohol-related injury. You now know all the benefits that healthy living brings. But did you know that making all of these smart choices could also help to reduce your risk of developing a chronic disease such as diabetes, heart disease, respiratory disease and some cancers? The benefits of living a healthy life go on and on, but old habits can be hard to shake.

If you need an extra hand, here are some helpful services that are there for you:

The Alcohol and Drug Information Service is a free 24 hour confidential helpline with trained counsellors who will listen to what you have to say. For more info, call 1300 13 13 40 or visit www.dassa.sa.gov.au.

Quitting smoking can be hard, but it is one of the best things you can do for your health. Quit SA offers a number of services to support people who want to quit smoking. For more info, call the Quitline on 13 78 48 or visit www.quitnow.gov.au

FRUITY ICE TREATS 5min 6

6 disposable plastic cups
6 pop sticks

Strawberry and kiwi

1 punnet strawberries, hulled and chopped
2 kiwi fruit, peeled and chopped
1 ½ cups orange juice

Drop strawberries and kiwi fruit into each disposable cup. Pour orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from the cup.

Makes 6 cups.

Tropical

1 fresh mango, peeled and chopped
or 425g can mango
1 ½ cups orange juice

410g can apricots in natural juice, drained and chopped
Puree mango in a blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from the cup.

Makes 6 cups.

Variation substitute your favourite fresh or canned fruits.

For more tasty recipes visit the SA Health facebook page and follow the links to order a free [Healthy Food Fast Cookbook](#).



WELL DONE!



Hey! You did it! You took the first steps to eating healthy food, being active, and feeling great. Well it's time to celebrate!

But don't think we're going to let you off now, give yourself a fresh, healthy reward. After all, you wouldn't want to undo all that amazing work you've done!

YOUR GUIDE TO A
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TODAY

sahealth.sa.gov.au/healthyliving

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