

Go to the Healthy Weight Guide website

healthy weight guide

healthy weight guide

Do you want to find out about achieving and maintaining a healthy weight?

Just go to healthyweight.health.gov.au

You can use the Healthy Weight Guide website to:

- find out if you're a healthy weight
- check the facts about healthy weight, physical activity and healthy eating
- find useful tips and tools to help you achieve and maintain a healthy weight.

About the Healthy Weight Guide

The Healthy Weight Guide is a comprehensive source of information on how to achieve and maintain a healthy weight.

For more information, contact:

Australian Government Department of Health
GPO Box 9848, Canberra ACT 2601

This brochure and a range of other resources can be obtained from the Healthy Weight Guide website or by contacting email: health@nationalmailing.com.au, or phone: 1800 020 103 (ext. 8654).



www.healthyweight.health.gov.au



Are you a healthy weight?

Eat well, choose wisely

Move more, sit less, every day

Set goals and monitor your progress

www.healthyweight.health.gov.au

10182 October 2013

Seven steps to a healthier you

1 Get started

The Healthy Weight Guide will assist with your journey towards achieving and maintaining a healthy weight and provides information and tools that will help you to:

- set goals and plan healthy meals and physical activity
- monitor what you do and manage the challenges
- find resources and support you along the way.

2 Set goals

Setting goals is an important step in achieving and maintaining a healthy weight. The Healthy Weight Guide has tips and tools to help you set goals and plan the steps to achieve them as well as keep track of your achievements. If you register, the Healthy Weight Guide website will store this information for you.



3 Get active

Physical activity can help you get healthier, feel better and achieve and maintain a healthy weight. You can complete and print off a physical activity planner to take with you or stick on the fridge. If you register, you can record your plans and come back to update them online as often as you like.

4 Eat well

What you choose to eat and drink is likely to affect your weight. The Healthy Weight Guide provides you with tips for healthy eating habits including healthy recipes and cooking ideas, pantry lists and handy hints for when eating out. You will also find tools to help you plan your meals and understand your food requirements.

5 Keep in check

Registering with the Healthy Weight Guide website is quick, easy and free. Once you are registered you can record your weight, waist measurement and BMI and track changes using graphs. There are also tools to help you to plan and monitor your healthy weight journey.



6 Manage the challenges

Getting to a healthy weight can take time. The Healthy Weight Guide will help you to develop the skills to stay motivated and achieve lasting results. Information is also provided for people with different needs, including parents, people of different cultural backgrounds and people with disabilities.

7 Get informed and get support

The Healthy Weight Guide provides you with information on why it is important to be a healthy weight. It also addresses topics like energy balance, kilojoules, genetics and weight loss methods. Getting support is an important part of your healthy weight journey. The Healthy Weight Guide provides information on who to turn to for help and some of the services and programs available.