

Want to get
more **life** out
of **life?**

You can do
something
positive
today.



Everyone can make the most of life.

Everyone can benefit from a healthier lifestyle.

A healthy lifestyle can lower your risk for some serious long-term diseases.

- If you **quit smoking** now, you can breathe more freely, feel healthier and also reduce your risk of heart disease, stroke and lung cancer.
- Eating enough fruit and vegetables lowers your risk of cancer and heart disease. With the right advice, you can **eat for health**.
- Most of us enjoy an alcohol drink within limits, but binge-drinking or regular heavy drinking can cause ill health, accidents and personal problems. With the right advice, most people can **enjoy alcohol in moderation**.
- Just 30 minutes of moderate **physical activity** per day reduces the risk of heart disease, diabetes, stroke, mental illness and obesity.
- Achieving and maintaining a **healthy weight** lowers your risk for diabetes, heart disease and other common long-term illnesses.

Your doctor and practice staff can support you by:

- checking your lifestyle for health risks
- giving you personalised advice on how to reduce your risk of illness by making some healthy changes
- providing you with practical advice to help you improve your health
- putting you in touch with expert advice, information and support



Lifescrpts

Advice for Healthy Living

If you'd like help with healthier living, please tick the boxes and hand this card to the doctor or a staff member.

I would like some advice about healthy living.

Please tick one or more options

- I'd like to quit smoking
- I'd like help to choose healthier foods
- I'd like to talk to the doctor about alcohol use
- I'd like to become more active
- I'd like help to manage my weight

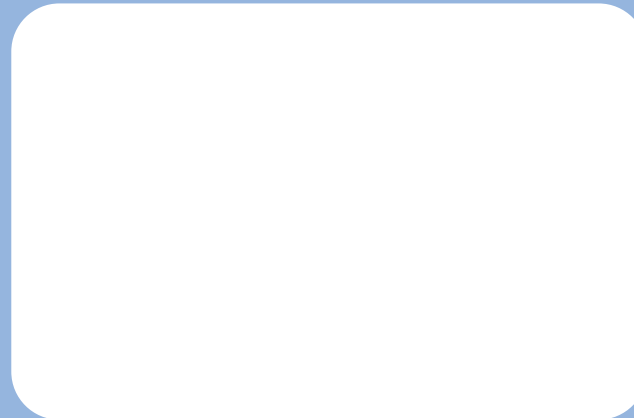
- I would like to know more. Please contact me with more information about available lifestyle advice services or programs.
- I don't want to talk about this now, but please record that I would like to talk to the doctor about this in the future.

Name: _____

Phone: _____

This practice is participating in **Lifescrpts** a national program for a healthier you.

Ask us about advice for healthy living.



Lifescrpts

Advice for Healthy Living



Australian Government
Department of Health and Ageing