



HOW DO YOUR HABITS WEIGH UP?

Did you know that your lifestyle habits seriously impact on your health?

Count how many statements apply to you...

- I drink reduced fat or skim milk rather than full fat
- I use margarine or other spreads instead of butter
- I eat 2 serves of fruit and 5 serves of vegetables every day
- I am not overweight or obese
- I don't add salt to my food
- I eat meat 4 times or less per week
- I eat fish at least 3 times per week
- I drink 2 or less standard drinks of alcohol per day
- I do at least 30 minutes of physical activity on most days
- I don't smoke

The more boxes you tick, the healthier your habits are!

WHY WEIGHT!

Do you think that there is room for you to improve your habits?

My Healthy Balance can help you

Go to:

www.myhealthybalance.com.au

Online Healthy Lifestyle Program



**MY
HEALTHY
BALANCE**

ONLINE HEALTHY LIFESTYLE PROGRAM

My Healthy Balance can help you:

- Achieve and maintain a healthy weight
- Reduce your risk of chronic health conditions
- Build confidence and motivation towards a healthy lifestyle

Ideal for people who are:

- Overweight
- IGT/IFG (pre-diabetes)
- At risk of developing type 2 diabetes or other chronic conditions
- Interested in making healthy changes

My Healthy Balance contains:

- Fun and interactive sessions
- Healthy eating, physical activity and lifestyle information
- Education modules for people with IGT/IFG (pre-diabetes)
- You can join with a friend!
- Personal goal setting
- Weight monitoring tool

Plus much more!



**WHY
WEIGHT!**

**Register today! Go to
www.myhealthybalance.com.au**

My Healthy Balance is an initiative of Diabetes WA, and is proudly supported by the Heart Foundation, The Cancer Council WA, and funded by the Department of Health, Western Australia and the Australian Government Department of Health and Ageing.



diabeteswa
Freedom from Diabetes