



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!



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

My Healthy Balance can help you

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Online Healthy Lifestyle Program