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Eat better, feel better for Healthy Weight Week

Get inspired to achieve and maintain a healthy weight and lifestyle this Australia’s Healthy Weight Week (15 – 21 February).

Sunshine Coast Hospital and Health Service (SCHHS) is encouraging people to “eat better, feel better” for a healthier lifestyle.

The dietitians at Nambour General Hospital will be holding a Healthy Weight Week stall in the hospital’s main entrance on Monday, 15 February from 9am to 3pm with healthy weight resources, competitions and prizes.

Dietitian Erin Coory encouraged people to visit the stall and learn ways to feel better, have more energy and get more out of life.

“Queenslanders have the highest rate of obesity in Australia - the need to manage our weight is stronger than ever,” Ms Coory said.

“The best way to achieve and maintain a healthy weight is to make small changes in your daily routine that will lead to a healthier lifestyle.

“Make positive choices and take control of your health by looking at all areas of wellbeing. Don’t just focus on weight. Feel good about yourself for making small changes—these can lead to big improvements,” she said.

The first steps for achieving and maintaining a healthy weight are to choose nutritious foods from the five food groups (vegetables, fruits, grains, lean meats and alternatives, and reduced-fat dairy and alternatives), and limit energy-dense or nutrient-poor foods (such as sugar sweetened drinks, fried foods, hot chips, many takeaway foods, cakes and biscuits, chocolate and confectionery and crisps).


Take the Healthy Eating Quiz to help you rate how healthy your eating habits are http://www.healthyeatingquiz.com.au/

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