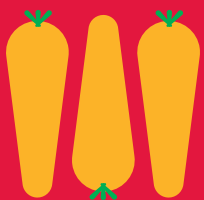




# SPRING INTO HEALTH

Health and wellbeing booklet

Healthy lifestyle information  
and free health programs for all  
ages and stages



## Acknowledgement of Country

We acknowledge the Darug people as the traditional custodians of the land covered by Western Sydney Local Health District and pay respect to Elders past, present and emerging.



**Artwork by** Leanne Tobin. Leanne's artwork reflects the vibrancy and transitional motions of the dragon-flies as they move through their journey of life.



Developed by:  
Centre for Population Health,  
Western Sydney Local Health  
District (2022)

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# About Library Health Month



## September is Library Health Month across Western Sydney.

Western Sydney Local Health District has partnered with libraries from Blacktown City, City of Parramatta, Cumberland City and The Hills Shire Councils to encourage library goers to eat healthy and be active every day.

During September, libraries will have activities and information to help you and your family be healthier. FREE Healthy StoryTimes, Healthy Lunchbox sessions, Healthy and Active for over 55s sessions, plus many more activities will be running at a library near you! Library Health Month can be delivered online, face-to-face or in combination depending on Public Health restrictions at the time.

Libraries will also have information on FREE NSW Health programs for you and your family including Get Healthy Service, Go4Fun, Stepping On and Healthy and Active for Life Online.

This booklet is a one stop shop of the health information that will be promoted in libraries during September.

To find out what's running at your library visit their website or call today:

**Blacktown City libraries**  
**Ph: 9839 6000**

**City of Parramatta libraries**  
**Ph: 1300 617 058**

**Cumberland libraries**  
**Ph: 8757 9000**

**The Hills Shire libraries**  
**Ph: 9843 0555**

This section includes information on healthy eating and getting active for children, as well as free NSW Health programs available to support your family.

# CHILDREN





# Healthy eating for children

What children eat during childhood can influence their future eating habits and health. By giving children plenty of vegetables and fruit, we can help give them the best start for their growth and development.

## Eat more vegetables and fruit

Vegetables and fruit taste great and keep us healthy. Everyone should eat fruit and veggies every day. Most kids eat fruit each day but they don't eat enough veggies.\*

### HOW MANY VEGETABLES SHOULD KIDS EAT EACH DAY?

2-3 YEARS

2½ Serves

4-8 YEARS

4½ Serves

9-18 YEARS

5 Serves

A serve of vegetables and legumes/beans is:



½ cup

vegetables (fresh, frozen or canned)



1 cup

green leafy vegetables



½ cup

legumes/beans/lentils



1 medium  
tomato



8

vegetable sticks



These count as a vegetable serve

### HOW MUCH FRUIT SHOULD KIDS EAT EACH DAY?

2-3 YEARS

1 Serve

4-8 YEARS

1½ Serves

9-18 YEARS

2 Serves

A serve of fruit is:



1 medium  
(apple, banana, orange or pear)



2 small  
(apricots, kiwi fruit or plums)



1 cup  
diced or canned fruit

### TIPS TO HELP KIDS EAT VEGGIES



ADD TO EVERY MEAL

Salad on sandwiches/wraps



Offer cut up veggies as snacks



Fill half the plate with veggies



ENCOURAGE YOUR CHILD

Show them you like eating veggies too



Add veggies to food they already like



Be positive and patient. It takes 10 to 15 times to like a new food



TRY A VARIETY

Fresh, frozen, canned, raw or cooked



Different colours



Buy in season



For a great place to begin, we have the latest healthy eating facts and tips like:

- Eat more vegetables and fruit
- Choose healthy snacks
- Choose water as a drink

\*Australian Bureau of Statistics (National Health Survey, 2014-15)

\*\*Recommended intakes have been rounded based on the Australian Dietary Guidelines (NHMRC, 2013).



# Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:  
 • vegetables • fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

## TIPS TO PLAN HEALTHY SNACKS



Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



## WHAT IS A HEALTHY SNACK?

Include fresh foods & wholegrain varieties as snacks



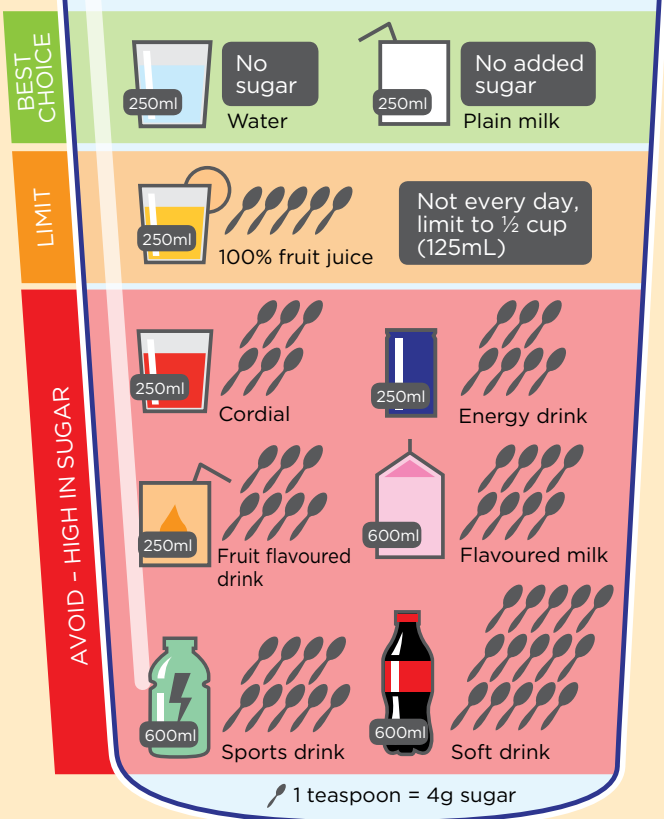
High fat and sugar snacks • no more than 1 a day • only a small serve



# Choose water as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

## HOW MUCH SUGAR IS IN DRINKS?



## HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5  
years

5 x 250ml glasses = 1.25 litres

6-12  
years

6 x 250ml glasses = 1.5 litres

+  
EXTRA WATER  
IF YOU ARE  
ACTIVE

## TIPS TO HELP KIDS DRINK MORE WATER



Show them you like drinking water too



Drink water throughout the day



Take a bottle of water when you go out



Pack water with your child's lunch



Choose water as a drink when playing sport



Save money – don't buy sugar sweetened drinks







# Getting active for children

There are so many reasons why children should get active like:

- It's fun!
- They can make friends
- It improves their concentration in the classroom
- It improves their mental health
- It improves their health and fitness

The most important thing is finding something they enjoy doing.

Find more information, tips and free programs on pages 10 to 12.

## Get active each day

Being active helps us stay healthy. Find lots of ways to be active each day.

### HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-2 years Preschoolers 3-5 years

**3 hours** active play across the day

- Standing up
- Moving around
- Active toys

School age 5-12 years

**1-3 hours** physical activity across the day

Be active so your breathing and heart beats faster:

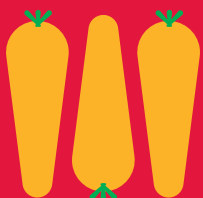
- fast walking
- riding a bike or scooter
- playing sport



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)

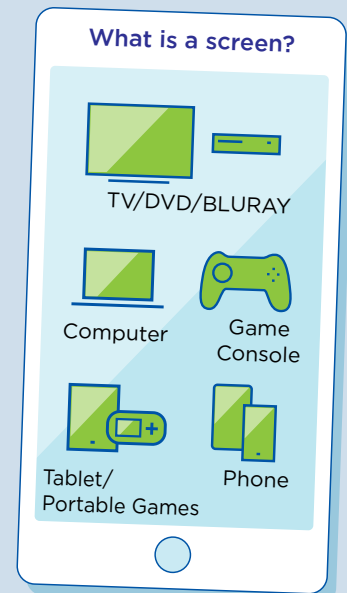
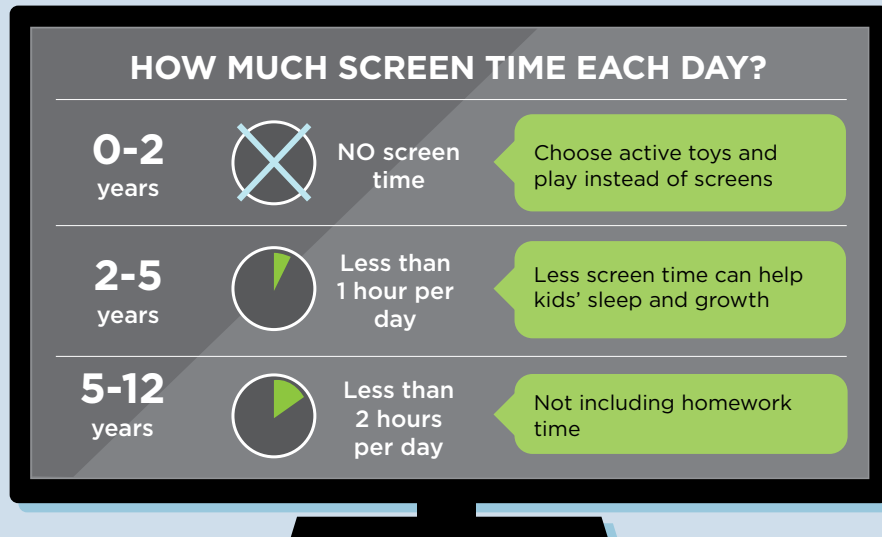
### TIPS TO GET KIDS ACTIVE

<p>Babies need 30 minutes of tummy time each day. Encourage them to crawl.</p>	<p>Toddlers can walk instead of using a stroller.</p>	<p><b>SCHOOL</b> Walk, ride a bike or scooter to school.</p>
<p>Choose toys that help kids move.</p>	<p>Limit screen time each day. Choose active play instead.</p>	<p>Encourage kids to try a range of sports.</p>
<p>Look for lots of ways to be active each day.</p>	<p>Show your kids you like being active too.</p>	<p>Outdoor play is best. Keep active indoors when it's hot or raining.</p>



# Turn off screens + get active

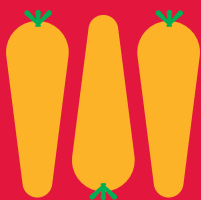
Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)

### TIPS TO MANAGE SCREEN TIME

- Eat together as a family. No screens at meals for parents and kids
- Before screen time – sleep, play outdoors, read and enjoy family time
- No screens in bedrooms, especially at night
- Take toys or books instead of screens when going out
- Monitor kids' screen time. Set limits if needed
- Sit less. Move more. Move every hour
- Help kids sleep. Stop using screens 1 hour before bed
- Parents – be a good role model. Reduce your screen time too
- Dance to music, or play video games that get you on your feet.





# FREE NSW Health programs for children

NSW Health offers a free healthy lifestyle program for families called Go4Fun. It is a 10 week program for parents and their children aged 7-13 years, so families can become fitter, healthier and happier together. Go4Fun is a great program that will help:

- Make new friends
- Show you how to have fun while being active
- Involve the whole family
- Build children’s confidence
- Learn healthy eating habits

You can register today to join a local program at [go4fun.com.au](http://go4fun.com.au)

We have programs running in Blacktown, Cumberland, Parramatta and The Hills Shire every school term.



### Who can join Go4Fun?



7 - 13 year olds above a healthy weight range



Parents or carers must attend every session with their children

Not sure if your child is above a healthy weight?  
Speak to your GP or healthcare provider or call Go4Fun on 1800 780 900

### Why join Go4Fun?

  
Involve the whole family

  
Try new healthy foods

  
Become more active

  
Reduce Screen Time

  
Make friends and build confidence

### What happens at Go4Fun?

2 hour sessions • 1 session per week • 10 weeks

  
Expert advice on healthy eating

  
Fun games and activities

  
Healthy lunchbox ideas

  
Parent and carer support and advice

  
Supermarket tour and label reading

  
Tips for managing screen use

  
Goal setting

  
Program rewards

# CLAIM TWO \$100 ACTIVE KIDS VOUCHERS

All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July, the second voucher can be claimed immediately after the first voucher.

## HOW TO CLAIM YOUR VOUCHERS



- 1** Visit [service.nsw.gov.au](http://service.nsw.gov.au) and login to your MyServiceNSW Account



Active Kids

- 2** Click on the Active Kids icon found in your SERVICE tab

Mary Sm |

- 3** Fill out the requested information (you will need your current Medicare card)



- 4** Print a copy of each voucher or email it to yourself

Visit [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids) for terms & conditions and FAQs

## HOW TO USE YOUR VOUCHERS

- 1** Find a provider by visiting our website: [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids)
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

\*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

This section includes information on healthy eating and getting active, as well as free NSW Health programs available to support you.

# ADULTS





# Healthy eating for adults

Find out the basics of “everyday” foods and easy tips for adding these into your diet.



## Drink one more glass of water today

Drinking plenty of water is an important part of staying healthy. For example, replace one drink that contains sugar –like a soft drink, juice or sports drink –with a glass of water each day. Take a look at our [life hacks for drinking more water](#).

## Pack one healthy snack to take with you tomorrow

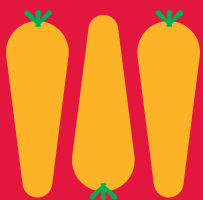
It's ok to snack, just snack on food that's actually going to make you feel stronger and healthier. One less sweet snack a day can make a difference to your health, so why not switch it with your favourite fresh fruit? Take a look at our [tips for healthy snacking](#).



## Plan ahead for one dinner

Plan one night this week to cook at home. Learning one new [healthy recipe](#) and adding it to your routine can make a big difference to your weekly habits.

Check out our guide for how to [shop smart](#), [shop healthy](#) to help you write your shopping list.





### Cut out one take-away meal from your week

Now that you've cooked your own dinner and packed your own snack, you can save money by skipping a take-away meal. Restaurant and take-away meals are typically too large and contain too much salt, saturated fat and sugar, and not enough vegetables and fibre.

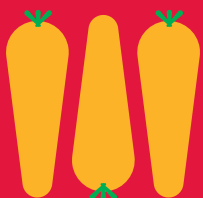
### Get smart with packaged food

Learn how to read [food labels](#) on packaged foods to check ingredients, kilojoules, portion size and other nutritional information.



### Set your own personal goals

Use our [food calculator](#) as a guide for what to eat every day and start setting your own small, specific goals to get there.





# QUICK BEEF STIR FRY

COOK TIME | 20 MIN FEEDS 4

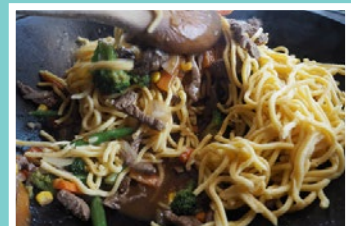
## INGREDIENTS

1 x 270g packet Hokkien noodles  
1 tablespoon canola oil  
500g beef rump steak, fat trimmed, thinly sliced

2 cloves garlic, crushed  
1 x 500g packet frozen stir-fry veg or fresh veg if preferred  
2 tablespoons teryaki marinade

## METHOD

- 1** Prepare noodles according to packet instructions.
- 2** In a large non-stick frying pan, heat half the oil. Cook beef in 2 batches for 2-3 min until browned and set aside.
- 3** Reduce heat to medium-high, add remaining oil and cook garlic for 30 seconds. Add vegetables and stir fry until just tender.
- 4** Add beef to pan, add teriyaki marinade and toss to coat. Then toss in noodles.



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# EASY CHICKEN PASTA

COOK TIME | 20 MIN FEEDS 4

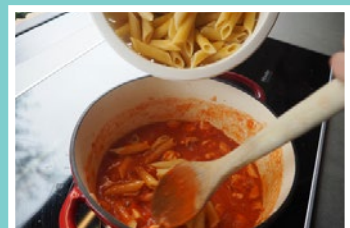
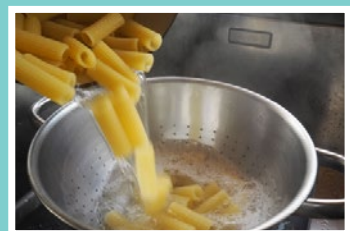
## INGREDIENTS

1 x 500g packet short pasta (penne)  
 Canola oil spray  
 1 clove garlic, chopped  
 1/2 brown onion chopped  
 1 teaspoon of dried mixed herbs

2 x chicken breasts, diced into 1 inch pieces  
 1 x canned tomatoes  
 Parmesan cheese, to serve

## METHOD

- 1** Cook pasta in a large pot of boiling water for 10-12 min until tender. Drain and reserve 1/4 cup of liquid.
- 2** Place a large non-stick pan on medium heat, lightly spray with oil, add garlic, onion and mixed herbs, cook until lightly browned. Add chicken. Cook for 5 min then add canned tomatoes and simmer.
- 3** Add drained pasta and reserved liquid to the sauce mix, toss to combine.
- 4** Serve with a sprinkle of Parmesan cheese.



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# TASTY TACOS

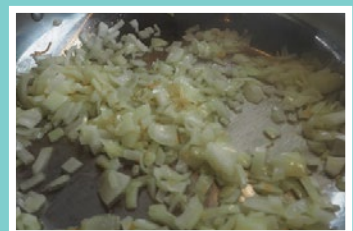
COOK TIME | 20 MIN FEEDS 4

## INGREDIENTS

1 tablespoon olive oil	2 tomatoes, diced
1 brown onion, diced	1 carrot, grated
500g lean beef mince	1/4 lettuce
1 teaspoon dried mixed herbs	1 cup reduced fat cheese, grated
1 cup tomato passata	Wholemeal wraps

## METHOD

- 1 Heat oil in a large saucepan on medium heat. Cook onion until brown.
- 2 Add mince to onion mixture and brown for 5 min, stirring to break up large pieces. Add mixed herbs and passata. Simmer at low heat for 10 min.
- 3 Build your own tacos with mince, lettuce, tomatoes, carrots and cheese!



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# CHICKEN SCHNITTY

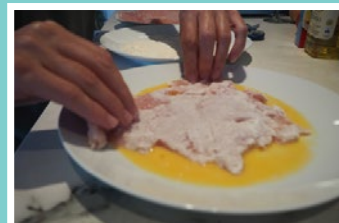
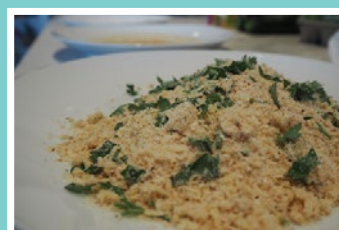
COOK TIME | 20 MIN FEEDS 4

## INGREDIENTS

- 1 cup breadcrumbs
- 1/3 cup Parmesan cheese, grated
- 1 tablespoon lemon rind
- 2 tablespoons parsley, chopped
- 1 teaspoon garlic powder
- 1/2 cup plain flour
- 2 eggs
- 1 tablespoon milk
- 4 chicken breasts
- Coleslaw packet mix
- Coleslaw dressing or mix 1 tub light natural yoghurt with juice of 1 lemon and 1 teaspoon Dijon mustard

## METHOD

- 1** Preheat oven to 220°C. Coat coleslaw vegetables with dressing and set aside to soften while preparing the chicken.
- 2** Combine breadcrumbs, Parmesan cheese, lemon rind, parsley and garlic on a plate. Place flour on another plate. Whisk egg and milk together in a large shallow bowl.
- 3** Using a rolling pin, pound each chicken breast between two sheets of plastic wrap until thin.
- 4** Coat each chicken breast in flour, shaking to remove excess. Dip in egg mixture and then coat in breadcrumb mixture.
- 5** Bake chicken in preheated oven for 5-7 min then flip chicken over. Bake for another 5-7 min until lightly browned. Serve with your Coleslaw.



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# SIMPLE FRITTATA

COOK TIME | 20 MIN FEEDS 4

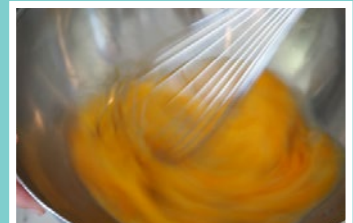
## INGREDIENTS

2 tablespoons olive oil  
1 brown onion, diced  
3 slices reduced fat ham, sliced  
200g white mushrooms, sliced  
1 x punnet cherry tomatoes, halved

120g spinach  
8 eggs  
1/2 cup reduced fat cheese, grated

## METHOD

- 1** Preheat grill on HIGH.
- 2** Heat oil in an overproof frypan on medium heat. Cook onion and ham, until browned. Add mushrooms and cook for 5 min. Add tomatoes and spinach. Reduce heat to low.
- 3** Whisk eggs and cheese together and add to pan. Spread egg over pan but do not stir the egg mixture.
- 4** Cook for 8-10 min on stovetop until almost set. Place under grill for 5 min until top is golden.
- 5** Stand for 2 min and then slide onto a plate. Slice into wedges and serve with garden salad, if desired.



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# THAI CURRY WITH RICE

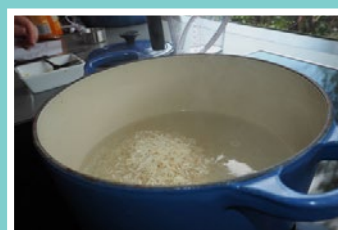
COOK TIME | 20 MIN FEEDS 4

## INGREDIENTS

- |                              |   |  |
|------------------------------|---|--|
| 2 cups basmati rice, dry     | 2 x chicken breasts, diced into 1 inch pieces | To serve (optional): 1 x bunch fresh coriander, 1 x red chilli and 1 x lemon |
| 1 tablespoon canola oil      | 1 cup frozen peas                             |  |
| 1/3 cup red curry paste      | 1 red capsicum, sliced                        |  |
| 400ml can light coconut milk | 1 tablespoon fish sauce                       |  |

## METHOD

- 1** To make rice, boil 2 cups of rice with 3 cups of water on high heat. Reduce heat and simmer, covered for 12 min or until liquid is absorbed. Turn off the heat and allow the rice to rest for 5 min. Then, fluff with a fork to separate grains.
- 2** While rice is cooking, heat oil in a large frying pan on medium heat. Add curry paste and cook for 1 min until aromatic. Then, add coconut milk and bring to the boil.
- 3** Add chicken and cook for 5 min. Then, add peas and capsicum. Cook until vegetables are tender and chicken is cooked. Stir in fish sauce.
- 4** Serve curry with rice. Top with chopped coriander, chopped chilli and a lemon wedge, if desired.



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# ONE POT BEEF STEW

COOK TIME | 2 HRS FEEDS 4

## INGREDIENTS

2 tablespoons  
canola oil

500g beef chunk  
casserole steak,  
cut into chunks

1 brown onion, diced

3 tablespoons  
tomato paste

1 tablespoons  
plain flour

2 x beef stock cube  
(made up with  
2 cups water)

200g white cup  
mushrooms, cut into  
quarters

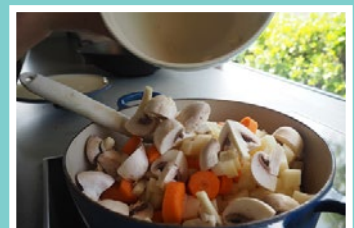
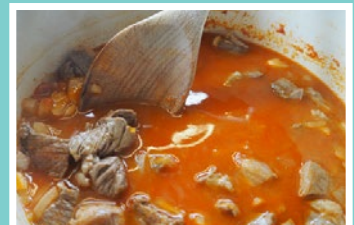
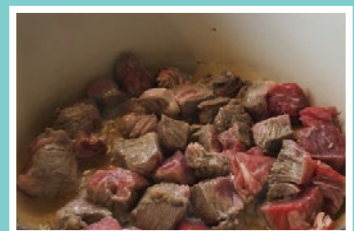
3 carrots,  
thickly sliced

1kg potatoes, cut  
into 4cm chunks

Fresh parsley,  
chopped (optional)

## METHOD

- 1** Heat half of the oil in a large saucepan over high heat and cook beef in batches until brown. Transfer to plate.
- 2** Reduce heat to medium, add remaining oil and cook onion until softened.
- 3** Stir in tomato paste and flour, and cook for 1 min. Add stock gradually, stirring constantly.
- 4** Return meat to the pan, cover and bring to the boil.
- 5** Reduce heat to very low and cook gently, covered, for 1 hour.
- 6** Add mushrooms, carrot and potato. Replace lid and cook for further 1 hour. Serve with fresh parsley.



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# EASY SHEPHERD'S PIE

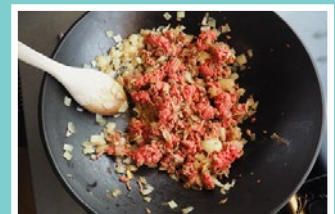
COOK TIME | 45 MIN FEEDS 4

## INGREDIENTS

1kg potatoes, peeled, cut into chunks	500g lean beef mince	1 teaspoon dried mixed herbs
1/2 cup milk	2 tablespoons tomato paste	1 x beef stock cube (+1 cup water)
1 tablespoon canola oil	1 tablespoon Worcestershire sauce (optional)	1 cup reduced fat cheese, grated
1 brown onion, diced	1 x 500g bag frozen mixed vegetables	
2 cloves garlic, crushed		

## METHOD

- 1 Cover potatoes with water in a large saucepan, bring to the boil over high heat, and cook for 10 min or until soft. When cooked, drain potatoes. Add milk and mash to combine.
- 2 Heat oil in a large saucepan on medium to high heat. Cook onion and garlic until softened.
- 3 Add mince to onion mixture and brown for 5 min, stirring to break up lumps. Mix in tomato paste, Worcestershire sauce (if available), frozen veg and mixed herbs.
- 4 Add stock and reduce heat to medium. Simmer, covered, for 15 min or until thickened slightly.
- 5 Preheat oven to 200°C. Spoon meat mixture into a 2L capacity ovenproof dish. Spread mash evenly over mince. Top with cheese. Bake for 10-15 min until golden.



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# ROAST CHICKEN & VEG

COOK TIME | 1 HR 30 MIN FEEDS 4

## INGREDIENTS

- 2kg whole chicken
- 1 lemon, roughly chopped
- 2 tablespoons canola oil
- 2 tablespoons dried mixed herbs
- 500g potatoes, chopped into chunks
- 3 medium carrots, thickly sliced
- 3 medium zucchinis, thickly sliced
- 4 cloves garlic, peeled

## METHOD

1

Preheat oven to 200°C. Place chicken in a large roasting pan. Place lemon in chicken cavity. Tie chicken legs together with kitchen string.

2

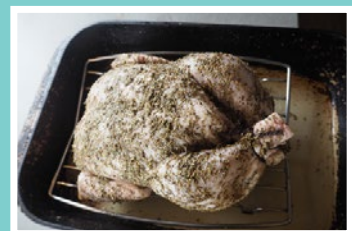
Drizzle chicken with oil and rub in dried herbs. Roast chicken for 40 min.

3

Add potatoes, carrot, zucchini and garlic to the pan. Roast for 40-50 min or until juices run clear and vegetables are tender.

4

Serve chicken and vegetables and pan juices.



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# MOROCCAN SPICED CHICKEN WITH COUSCOUS

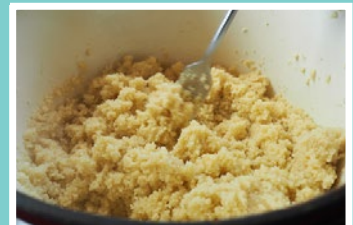
COOK TIME | 45 MIN FEEDS 4

## INGREDIENTS

- 4 chicken thigh fillets, skin removed, boneless
- 2 cups stock or water
- 1 medium cucumber, diced
- 2 cups couscous
- 1/2 cup sultanas (or chopped apricots, currants, cranberries)
- 1/2 cup fresh parsley, chopped
- 2 tablespoons canola oil
- 2 tablespoons Moroccan seasoning
- 1 medium tomato, diced
- Juice of 1 lemon
- 2 cloves garlic, crushed

## METHOD

- 1** Preheat oven to 200°C. Arrange fillets evenly on an oven tray with baking paper.
- 2** Rub fillets with oil, Moroccan seasoning and crushed garlic. Bake for 20-30 min, or until cooked through.
- 3** Bring stock to a boil. Add couscous and stir. Cover with lid, remove from heat and leave for 5 min to absorb the liquid.
- 4** Fluff couscous with a fork. Add sultanas, tomato, cucumber, parsley, onion and lemon juice. Mix well until combined.



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# ROAST VEG SALAD

COOK TIME | 40 MIN FEEDS 4

## INGREDIENTS

1/2 butternut pumpkin, chopped into chunks

2 potatoes, chopped into chunks

1 capsicum, seeded, cut into large pieces

2 zucchinis, chopped into quarters

1 red onion, chopped into eighths

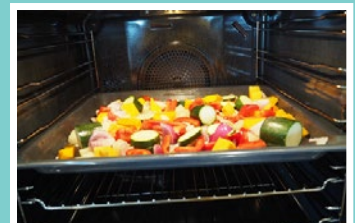
Canola oil cooking spray

1 x 200g packet reduced fat feta, crumbled

Dressing: juice of lemon + 2 cloves garlic, crushed

## METHOD

- 1** Preheat oven to 220°C. Line a large oven tray with baking paper, you may need 2.
- 2** Spread pumpkin, potato, capsicum, zucchini and onion in a single layer on the tray(s).
- 3** Lightly spray with oil. Season with salt and pepper to taste.
- 4** Bake for 30-40 min, turning occasionally.
- 5** When cooked, pour dressing over salad and sprinkle with crumbled feta.



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# EASY MAC & CHEESE PASTA BAKE

COOK TIME | 45 MIN FEEDS 4

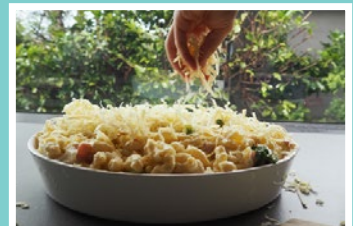
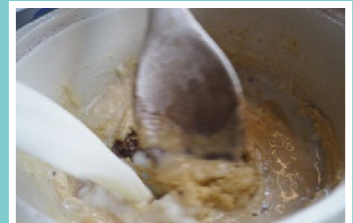
## INGREDIENTS

1 x 500g packet Macaroni pasta  
1 x 500g packet frozen cauliflower and broccoli  
4 x slices ham, diced  
60g margarine

1/3 cup plain white flour  
2 1/2 cups reduced fat milk  
2 cups reduced fat cheese, grated

## METHOD

- 1** Preheat oven to 200°C. Boil pasta in a large saucepan for 10-12 mins or until tender. Add frozen cauliflower and broccoli in the last 2 min of cooking. Drain well.
- 2** While the pasta is cooking, heat a large non-stick frying pan and cook ham, stirring occasionally until crisp. Remove ham from pan. Add margarine to pan, once foaming add flour and stir for 5 min until mixture is combined and golden, with no lumps. Remove from heat and gradually add milk, stirring constantly. Bring back to heat and cook for 5 min or until the sauce boils and thickens. Turn off heat and add cheese.
- 3** Stir macaroni, vegetables and ham into the sauce. Pour into a baking dish, sprinkle with remaining cheese and bake for 20 min until golden brown. Serve with garden salad.
- 4**



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# Getting active for adults

We have busy lives which sometimes makes it hard to be active. But you can take small steps to start living a healthier and active life.



## Add a 5 minute walk around the block during your lunch break or a 5 minute stretch

Break up long periods of sitting as often as possible. Sitting for many hours each day can affect your health in many ways, even if you are exercising daily. This includes time spent sitting in front of screens. [Read our tips to reduce screen time.](#)

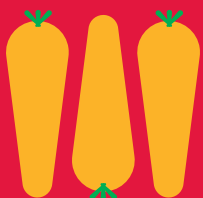
## Try interval training

Your body will continue burning kilojoules (energy) for longer and you can achieve greater benefits. Try adding bursts of jogging to your usual walk or if you are already jogging try adding short sprints.



## Get moving during the ad breaks

Try some [simple exercises](#) while you're watching TV – such as squats, standing repetitively onto your tippy toes, star jumps or marching high knees.



# Walking in Western Sydney

## Walking is the most popular exercise.

It is free, good for the mind, body and the environment, and can be done by most people. So try to walk every day!

Walking just 30 minutes each day can help you to feel fitter, healthier, happier. To achieve this, try aiming for a 30 minute walk or three 10 minute walks each day. Swap short car trips for walking.



## TIPS for increasing walking in your day



### Walk for travel

- Try swapping short car trips for walking
- Park further away from the shops, work, school or child care
- Take public transport



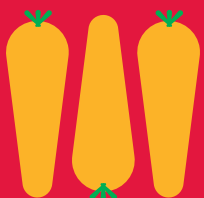
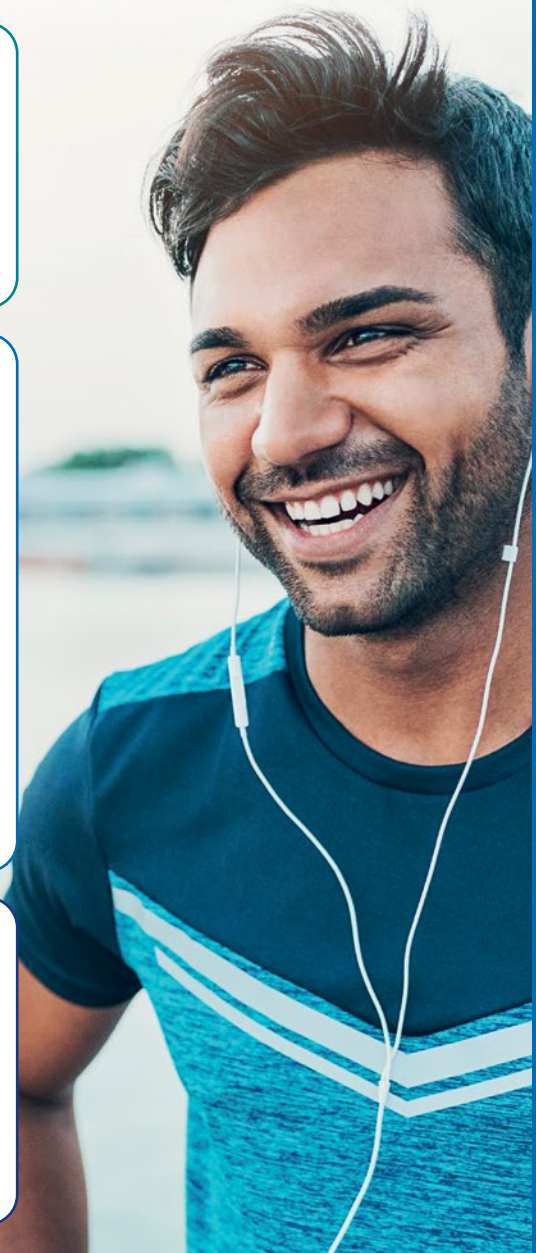
### Walk with family or friends

- Start a walking challenge with your friends, family or colleagues
- Walk the dog more or offer to walk your neighbour's dog
- **Join a walking group**
- Walk around the oval while your child is playing sport
- **Join a parkrun** – free, weekly 5km walking or running events
- Take public transport



### Walk at work

- Take the stairs instead of the lift
- Try a walking meeting with your colleagues
- Walk during your lunch break
- Walk to a toilet that's further away from your desk



# Local council information



## Walk your 30!

There are great places to walk and be active every day in Western Sydney.

### BLACKTOWN CITY

#### Popular places to walk include:

- [Walking in Blacktown City](#)
- [Blacktown Showground](#)
- [Nurragingy Reserve](#),
- [Woodcrwoft Lake Reserve](#)
- [The Ponds](#)
- [Federation Forest](#)
- [International Peace Park](#)
- [Ashley Brown Reserve](#)
- [Brewongle Walkway](#)
- [Oppy Reserve](#)
- [Plumpton Park](#)
- [RAAF Memorial Park](#)
- [Timbertop Reserve](#)
- [William Lawson Park](#)
- [Walking and jogging in Blacktown – Pocket Guide](#)
- Find maps to parks and reserves in Blacktown with walking paths [here](#)

### CITY OF PARRAMATTA

- [Walking information and maps](#)
- [Bushwalking in Parramatta](#)

### CUMBERLAND

- [Parks and gardens](#)
- [Playgrounds](#)

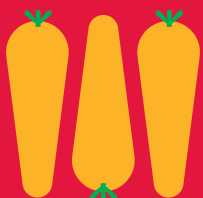
### THE HILLS SHIRE

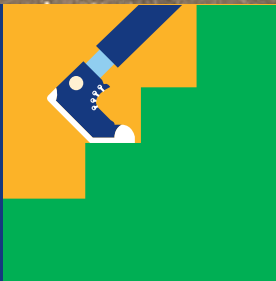
The Hills Shire boasts a range of beautiful walking tracks.

- [Tracks and trails](#)
- [Upcoming walks](#)



FIND MORE INFORMATION ABOUT WALKING IN WESTERN SYDNEY HERE







# FREE NSW Health programs for adults

Want to make healthier changes but need more support?

Get **FREE** telephone health coaching support for:



Healthy Eating



Physical Activity



How to reach and maintain a healthy weight



Healthy weight gain during pregnancy



Type 2 diabetes prevention



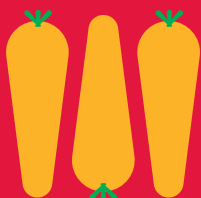
Alcohol Reduction

## Sign up today

Call **1300 806 258** Monday - Friday / 8am - 8pm

or visit [gethealthynsw.com.au](http://gethealthynsw.com.au)

Free interpreter services available







# Age is no barrier to getting active

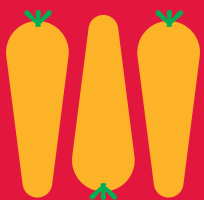
## Check out free NSW Health programs:

- Stepping On: For adults 65+, face to face program
- Healthy and Active for Life Online: For adults over 60 years of age, Aboriginal people 45+ can register.

For more information about both these programs and what they involve or to register your interest please send an email to:

**[WSLHD-ActiveandHealthy@health.nsw.gov.au](mailto:WSLHD-ActiveandHealthy@health.nsw.gov.au)**

You can leave your number if you would like someone to call you to talk to you about the programs.



# Helpful Websites

## Healthy eating and physical activity

[www.healthykidswesternsydney.com.au](http://www.healthykidswesternsydney.com.au)

[www.wslhd.health.nsw.gov.au/Healthy-Children/Families/Information-for-a-healthy-family/Walking-in-Western-Sydney](http://www.wslhd.health.nsw.gov.au/Healthy-Children/Families/Information-for-a-healthy-family/Walking-in-Western-Sydney)

[www.westernsydneydiabetes.com.au](http://www.westernsydneydiabetes.com.au)

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

[www.healthylunchbox.com.au](http://www.healthylunchbox.com.au)

[www.eatforhealth.gov.au/guidelines/about-australian-dietary-guidelines](http://www.eatforhealth.gov.au/guidelines/about-australian-dietary-guidelines)

[www.healthyliving.nsw.gov.au](http://www.healthyliving.nsw.gov.au)

[www.healthstarrating.gov.au](http://www.healthstarrating.gov.au)

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

[www.sport.nsw.gov.au/sectordevelopment/activekids/parents](http://www.sport.nsw.gov.au/sectordevelopment/activekids/parents)

[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines)

## Recipes

[www.healthyliving.nsw.gov.au/food/healthy-recipes](http://www.healthyliving.nsw.gov.au/food/healthy-recipes)

[www.gethealthynsw.com.au/healthier-you/eat-healthy/healthy-recipes](http://www.gethealthynsw.com.au/healthier-you/eat-healthy/healthy-recipes)

[www.heartfoundation.org.au/recipes](http://www.heartfoundation.org.au/recipes)

[www.healthy-kids.com.au/parents/recipes](http://www.healthy-kids.com.au/parents/recipes)

## Mental health and wellbeing

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.headspace.org.au](http://www.headspace.org.au)

[www.lifeline.org.au](http://www.lifeline.org.au)

[www.mindmatters.edu.au](http://www.mindmatters.edu.au)

[www.mmha.com.au](http://www.mmha.com.au)

[www.reachout.com](http://www.reachout.com)

[www.sane.org.au](http://www.sane.org.au)





# SPRING INTO HEALTH

Health and wellbeing  
booklet



## Contact details

Centre for Population Health, Western Sydney Local Health District

Phone **9840 3603** or

Email [WSLHD-CentreForPopulationHealth@health.nsw.gov.au](mailto:WSLHD-CentreForPopulationHealth@health.nsw.gov.au)

