

# SPRING -INTO- HEALTH

Health and  
Wellbeing  
Booklet





Developed by:  
[Centre for Population Health](#),  
Western Sydney Local Health  
District (2024)

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# About SPRING -INTO- 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. There is something for everyone. There will be talks, interactive sessions, pop-up booths and health giveaways at a library near you!

Libraries will also have information on FREE NSW Health programs for you and your family including, Get Healthy Service, Go4Fun and Healthy Ageing Online Learning.

This booklet is filled with ideas and tips on healthy eating and active living to support your health and wellbeing.

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 317 058**

**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 fruit and vegetables, 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

10-15

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?

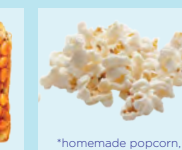
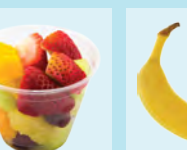
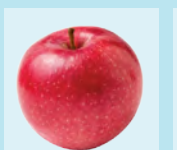
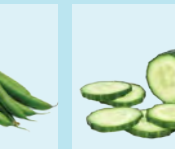
Include fresh foods & wholegrain varieties as snacks



\*wholegrain rice crackers



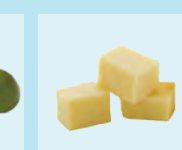
\*vegetable pancake



\*homemade popcorn, no added salt or butter



\*hummus



\*reduced fat cheese



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



\*rice bubble bar

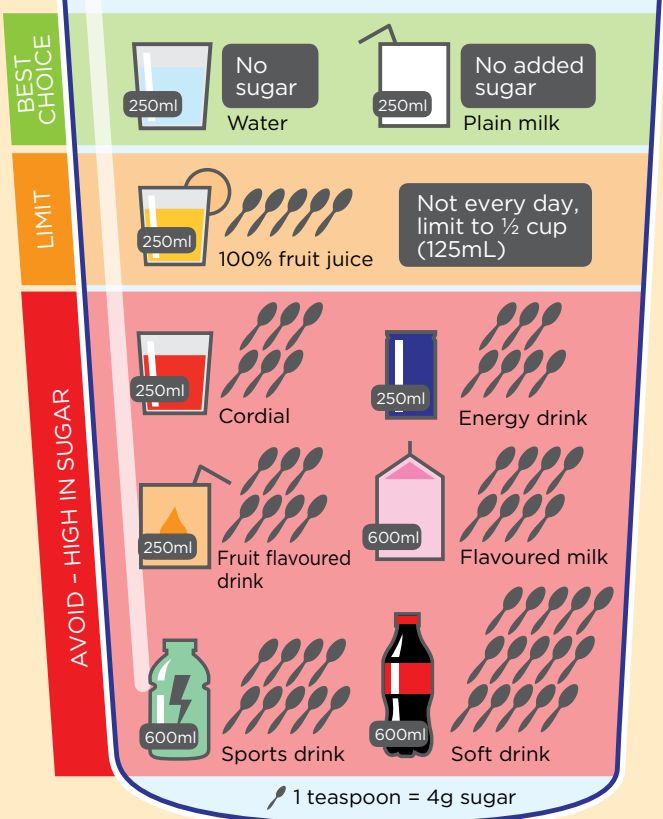
\*fruit strap



# 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 9, 10, 11 and 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



- Standing up
- Moving around
- Active toys

School age 5-12 years



- 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

Babies need 30 minutes of tummy time each day. Encourage them to crawl.



Toddlers can walk instead of using a stroller

SCHOOL



Walk, ride a bike or scooter to school



Choose toys that help kids move

Limit screen time each day. Choose active play instead



Encourage kids to try a range of sports



Look for lots of ways to be active each day



Show your kids you like being active too

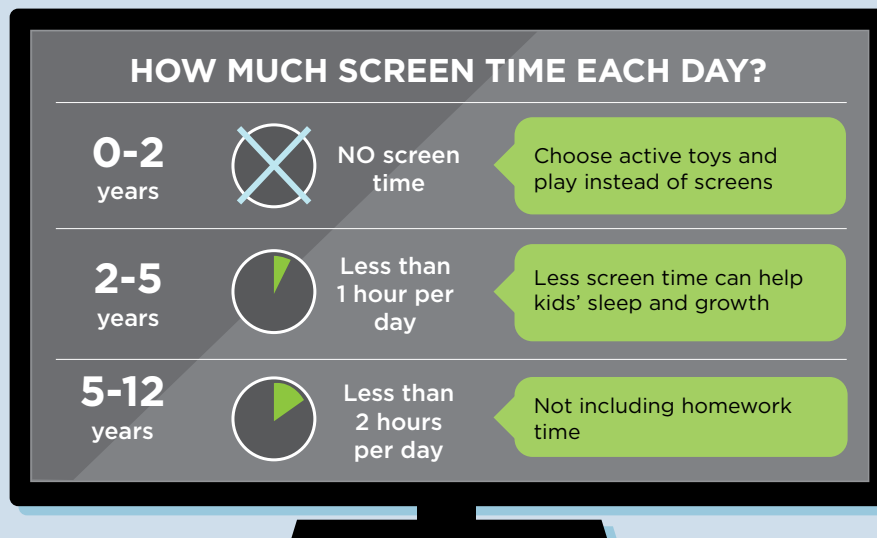


Outdoor play is best. Keep active indoors when it's hot or raining

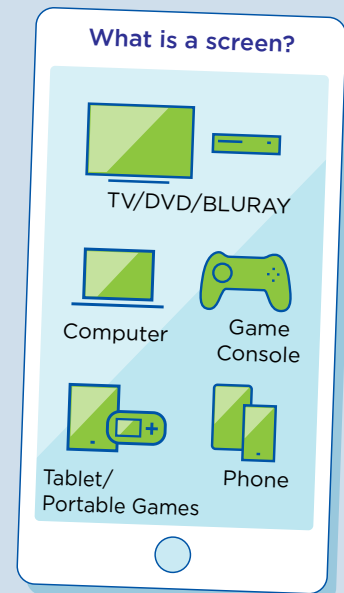


# Turn off screens + get active

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

**We have programs running every school term. You can register today to join a local program at [Go4Fun](#) or phone 1800 780 900**



## Who can join Go4Fun?



7 - 13 year olds  
above a healthy  
weight range



Parents or carers must  
attend every session  
with their children

## 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

**Go4Fun**



# ACTIVE KIDS VOUCHERS

NSW school aged children may be eligible for an Active and Creative Kids voucher. The vouchers can be used with a registered activity provider, to help cover costs towards sport, creative and cultural activities.

## HOW TO CLAIM YOUR VOUCHERS



- 1 Visit **Service NSW** and login to your MyServiceNSW Account



- 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 [Active and Creative Kids voucher](#) for terms & conditions and FAQs

## HOW TO USE YOUR VOUCHERS



- 1 Find a provider by visiting our website: **Active and Creative Kids voucher**
- 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

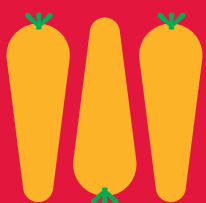
It's ok to snack, just snack on food that's actually going to make you feel stronger and healthier. One less sweet snack a day can make a difference to your health, so why not switch it with your favourite fresh fruit? Take a look at our [tips for healthy snacking](#).



## 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.



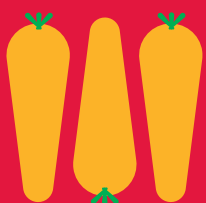
### Get smart with packaged food

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

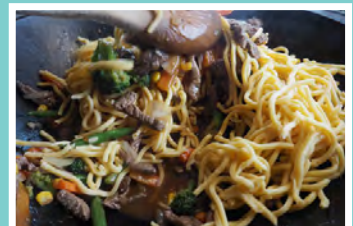
## INGREDIENTS

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 teriyaki 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

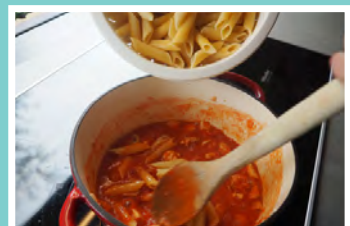
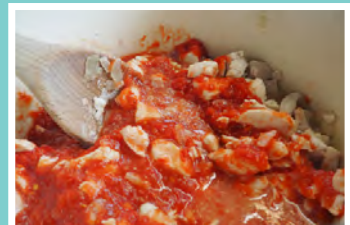
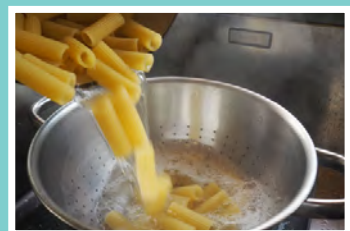
## INGREDIENTS

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

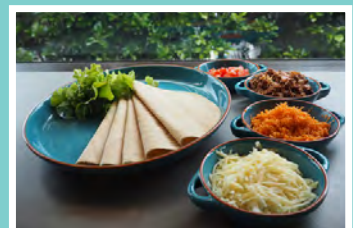
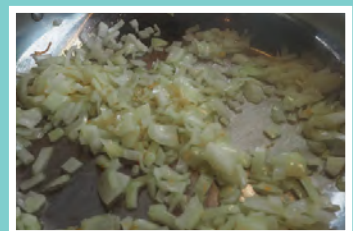
COOK TIME | 20 MIN FEEDS 4

## 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

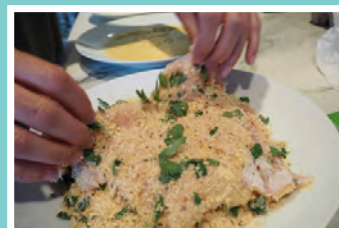
1 cup breadcrumbs  
1/3 cup Parmesan cheese, grated  
1 tablespoon lemon rind  
2 tablespoons parsley, chopped

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

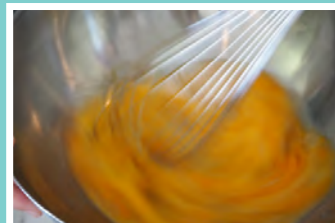
## INGREDIENTS

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

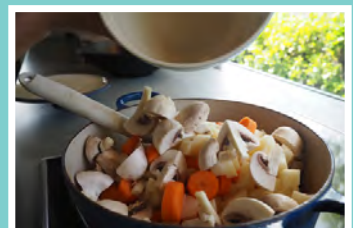
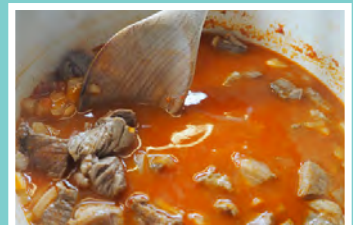
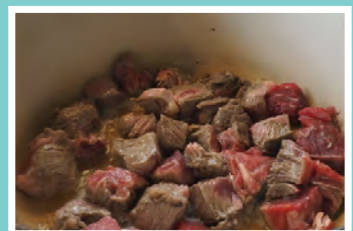
3 carrots,  
thickly sliced

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

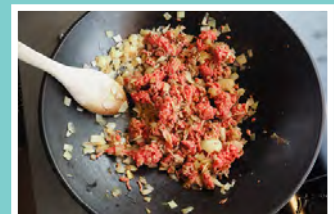
COOK TIME | 45 MIN FEEDS 4

## 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

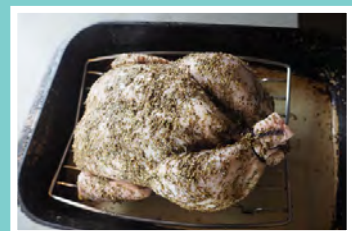
Drizzle chicken with oil and rub in dried herbs. Roast chicken for 40 min.

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

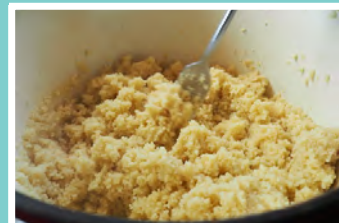
COOK TIME | 45 MIN FEEDS 4

### INGREDIENTS

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

### 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

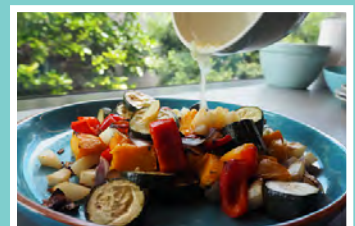
1/2 butternut pumpkin, chopped into chunks  
2 potatoes, chopped into chunks  
1 capsicum, seeded, cut into large pieces

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

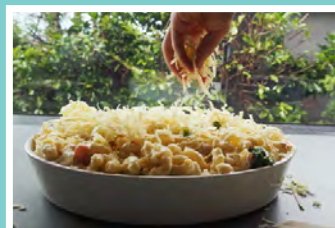
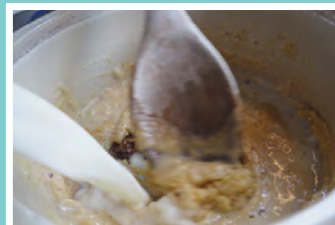
## INGREDIENTS

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**
- 4** 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.



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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.](#)

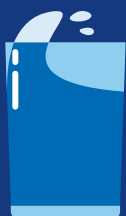
## Try interval training

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



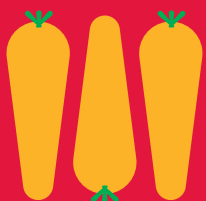
### WALK WITH FAMILY OR FRIENDS

- 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



# Great Places to Walk in Western Sydney



## NSW [Walks near me](#)

### Western Sydney Parklands

[Get Back on Track](#)

### BLACKTOWN CITY

[Ashley Brown Reserve](#)

[Blacktown City](#)

[Blacktown parks and reserves with walking paths](#)

[Blacktown Showground](#)

[Brewongle Walkway](#)

[Federation Forest](#)

[International Peace Park](#)

[Nurragingy Reserve](#)

[Oppy Reserve](#)

[Plumpton Park](#)

[RAAF Memorial Park](#)

[The Ponds](#)

[Timbertop Reserve](#)

[Walking and jogging in Blacktown pocket guide](#)

[William Lawson Park](#)

[Woodcroft Lake Reserve](#)

### CITY OF PARRAMATTA

[Walking Information and maps](#)

[Bushwalking in Parramatta](#)

### CUMBERLAND

[Parks and gardens](#)

[Playgrounds](#)

### THE HILLS SHIRE

[Walks in the Hills](#)

[Upcoming walks](#)



MORE INFORMATION ABOUT WALKING IN WESTERN SYDNEY











# 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



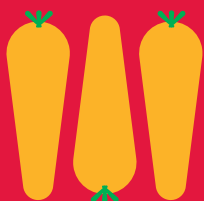
Alcohol Reduction

## Sign up today

Call **1300 806 258** Monday - Friday / 8am - 8pm  
or visit **Get Healthy NSW**

Free interpreter services available

Get Healthy Service

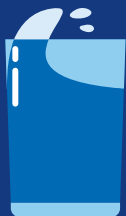
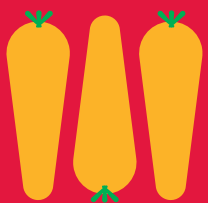




# Age is no barrier to getting active

**Find an exercise program near you.**

- [Active and Healthy \(NSW Health\)](#)
- [Healthy Ageing Online Learning](#): a free education program to help older adults lead active and healthy lives.



# Websites for more information

## Healthy Eating and Physical Activity

[Australian Dietary Guidelines \(eatforhealth.gov.au\)](https://eatforhealth.gov.au)

[Heart Foundation](#)

[Healthy Kids Western Sydney](#)

[Healthy lifestyle events \(Western Sydney Diabetes\)](#)

[Healthy Living NSW](#)

[Healthy lunchbox \(Cancer Council\)](#)

[Health Star Rating System](#)

### Local Councils sport and recreation:

[Blacktown City](#)

[City of Parramatta](#)

[Cumberland City Council](#)

[The Hills Shire Council](#)

[Translated healthy lifestyle factsheets](#)

[Walking in Western Sydney](#)

## Recipes

[Healthy Eating Active Living - Healthy Recipes \(nsw.gov.au\)](#)

[Healthy eating with no money & no time](#)

[Healthy kids recipes \(Healthy Kids Association\)](#)

[Healthy recipes \(Get Healthy NSW\)](#)

[Heart healthy recipes \(Heart Foundation\)](#)

## Mental Health and Wellbeing

[Beyond Blue](#)

[Black Dog Institute](#)

[Ending Loneliness Directory](#)

[Headspace](#)

[Lifeline](#)

[Mind Matters](#)

[Reach Out](#)

[Sane](#)







# SPRING -INTO- HEALTH

## CONTACT DETAILS

Centre for Population Health,  
Western Sydney Local Health District

**Phone** 9840 3603 or

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

