

HEALTHY BODIES, HEALTHY MINDS

Key Messages for Individuals

Mental Well-Being

RESPECT all bodies and focus on the positive qualities in yourself and others



HEALTHY BODIES look different for different people



Be critical of **MEDIA MESSAGES** and food advertising



Get enough quality **SLEEP**

ROLE MODEL healthy living behaviours where you live, learn, work and play



BREASTMILK is the normal food for babies



Enjoy a variety of foods, including lots of **VEGETABLES AND FRUIT**

Practice **SAFE FOOD HANDLING** to prevent foodborne illness; separate, clean, cook and chill



Listen to your **BODY'S SIGNS** of hunger and fullness

Choose **WATER** if you're thirsty



Physical Activity



Enjoy doing your favourite **PHYSICAL ACTIVITIES** every day

Keep **SCREEN TIME** to a minimum



TRY new challenging activities that develop your body, your skills and your confidence



Take time to play in **NATURE** and explore the outdoors

Take regular **BREAKS** from sitting

