

Health and Wellbeing

Healthy Eating, Healthy Activity, Healthy Mind

Healthy Eating

There is no such thing as good food or bad food – try looking at it as 'healthy' or 'everyday' food and 'sometimes' food.

Enjoy all foods, just don't overdo it! Banning certain foods just makes you crave them even more.

Starving yourself will make you more likely to binge eat. It is not a good idea to starve yourself for any reason.

Eat slowly – give your body a chance to tell you when you are full.

Make small, gradual changes to your eating. Give yourself time to develop new, healthier habits.

Healthy Activity

Remember that fit and health people come in a diverse range of body shapes and sizes.

Be physically active to improve your overall health and wellbeing rather than only to change your weight or shape.

Find a range of activities that you enjoy – exercise is only sustainable if you enjoy doing it – team sports, walking, swimming, yoga or tai chi, dancing... find an activity that suits your needs and make you feel good.

Take it gently – there is no need to rush to do too much too quickly. Set realistic, flexible goals.

Find an activity that is convenient to do, both in time and place. There is no point joining a gym if you can't get there easily or joining a netball team if you can't make the training sessions.

Any activity is worthwhile – walking up the stairs instead of taking the lift, getting off the bus one stop earlier than you need to, walking to the corner shop.

You only need a total of 30 minutes of moderate physical activity a day, like walking (even 3 lots of 10 minutes) to improve your health.

The Australian, 1 September 2000

Healthy Mind

We can aim to be healthy at our own natural weight rather than thin at any cost.

Dr Rick Kausman, Calm Eating

Scales do not measure beauty or survival.

Andrea Ehlers

Nobody makes you feel inferior without your consent.

Eleanor Roosevelt

To loves oneself is the beginning of a life long romance.

Oscar Wilde

They say you are what you eat... that makes me absolutely delicious.

Horacek

Nothing is either good or bad but the thinking makes it so.

Shakespeare

Take time out for yourself, reducing stress is very important for your mental wellbeing. Try deep breathing, listening to music, having a relaxing bath, stretching.

Sharon Natoli, Food and Nutrition Australia.

The YWCA is an organisation led by women and committed to women and their families. It aims to create better lives through the programs and services it delivers. The YWCA creates opportunities for women and their families to grow by improving their education, economic independence, their health and wellbeing.

For more information about the YWCA and **Celebrate Your Body Week** go to www.ywcansw.com.au



Disclaimer

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