Being Healthy and Living Well

Easy information about being healthy, eating well and living well
An easy to read resource developed by:

ARC
DISABILITY SERVICES INC

and

centacare
FNQ

Both ARC and Centacare have long histories in Far North Queensland supporting people who have disabilities, or face challenges in their day to day lives.

Recognising appropriate communication is essential to empower people through knowledge, and support informed decision making and choice, ARC and Centacare have collaborated to create this guide. The aim being to promote understanding of healthy eating for people without easy access to this information.

“Being Healthy, Living Well” has been developed to offer information about healthy options, in an easy read format for the community including people who may have limited literacy skills.

This initiative is supported by funding from the Australian Government under the PHN Program.

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How to use this booklet

- This booklet is a tool to support people who need help to understand what healthy choices are and why they are so important in preventing diabetes and other health conditions related to diet.

- It is NOT designed to be just given to someone, but should be discussed, interpreted and reinforced by a communication partner.

- It should be shared using words which will be understood by the person you are assisting.

- It is important to refer to this booklet as many times as the person wants or needs to ensure they understand and are as comfortable as they can be with the information.

- This booklet should be used as a tool to support a range of healthy living options across a persons life.

- Talk through each part of the booklet and allow the person to talk about what this may mean for them.

- Space has been allowed for the person to record their thoughts or feelings.
What is a healthy lifestyle?

A healthy lifestyle is about doing things that keep your body healthy and feeling good.

A healthy lifestyle includes eating good foods and being active.

Why is it important to live a healthy lifestyle?

Healthy eating and daily exercise helps protect you from getting sick, especially diabetes and heart disease.

Eating healthy food and being active can help you to keep a healthy weight, not too fat and not too thin. This also protects you from getting sick.

Thirty minutes or more of daily exercise can help make you feel better and help you stay a healthy weight.
## For Me

<table>
<thead>
<tr>
<th>Question</th>
<th>Blank Space</th>
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</thead>
<tbody>
<tr>
<td>What do I already do that helps me stay healthy?</td>
<td></td>
</tr>
<tr>
<td>What else could I do?</td>
<td></td>
</tr>
<tr>
<td>Who might be able to help me?</td>
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</table>

My thoughts...
Why is it important to eat healthy foods?

Healthy foods help your body to work well.

Eating healthy foods make you feel good.

Eating healthy foods can cut down the chance of having things like heart attacks.

Eating healthy foods helps stop you from getting sick.

Too many unhealthy foods like take away and sugary treats can make you gain weight and have health problems.
What are healthy foods?

What healthy foods do I eat?

What foods are not healthy?

My thoughts...
Why is it important to exercise?

Exercise is moving your body around to make it fitter and stronger.

Exercise helps your body to work well.

Exercise makes you feel happy.

Exercise helps you to lose weight or to keep your weight down.

Exercise helps you to sleep well.

Regular exercise helps to make you fitter and healthier.
For Me

What exercise do I do?

What other things can I do that will give me more exercise?

Who can help me?

My thoughts...
Why is eating breakfast important?

Eating breakfast helps you to be a healthy weight - not too fat and not too thin.

Eating breakfast helps your brain to work so you can think better.

Eating breakfast gives your body energy to do things.

A healthy breakfast gives your body the things it needs to work properly.

Missing breakfast can make you feel tired and cranky.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why is it important to eat breakfast?</td>
<td></td>
</tr>
<tr>
<td>What sort of things do I have for breakfast?</td>
<td></td>
</tr>
<tr>
<td>What are some healthy things I can eat for breakfast?</td>
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</tbody>
</table>

My thoughts...
Why is it important to drink water?

Water helps your body to work properly.

Drinking water is very important when you live in a hot place.

Water helps to clean your mouth after eating.

Water has no fat or sugar in it.

Cold water tastes good especially when you are hot and thirsty.
### For Me

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why is it important to drink water?</td>
<td></td>
</tr>
<tr>
<td>How much water should I drink?</td>
<td></td>
</tr>
<tr>
<td>How can I make water taste better?</td>
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</tbody>
</table>

**My thoughts...**
What are healthy foods?

Vegetables - 5 serves a day

Fruits - 2 serves a day

Lean meat and fish.

Low fat dairy foods.

Small portions of pasta and starchy foods like bread and potatoes.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What fruit and vegetables do I eat?</td>
<td></td>
</tr>
<tr>
<td>How could I include more fruit and vegetables in my diet?</td>
<td></td>
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<tr>
<td>Why should I eat lots of fruit and vegetables?</td>
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</tbody>
</table>

My thoughts...
Top tips for a healthier life?

- Eat a healthy breakfast everyday.
- Change to low fat and low sugar options.
- Do more exercise.
- Drink at least 6 glasses of water everyday.
- Eat at least 5 serves of vegetables and 2 serves of fruit everyday.
- Eat smaller amounts.
- Eat less treats and take away foods and more healthy foods.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>Why should I make healthier choices?</td>
<td></td>
</tr>
<tr>
<td>What are the most important things to remember?</td>
<td></td>
</tr>
<tr>
<td>Anything else??</td>
<td></td>
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My thoughts...
Ideas for getting more exercise

1. Go for a walk when you get the chance.
2. Use the stairs instead of the lift if you can.
3. Play a team sport like football, wheelchair basketball or goal ball.
4. Go dancing with some friends.
5. Do jobs at home like cleaning, gardening or washing.
6. Join a club or ask some friends if they would like to try bowling.
7. Try an exercise class or DVD.
How to get your portions right

Vegetables and salad

Lean meat and fish

Pasta and starchy foods like bread and potatoes

25 cm wide
Further Contacts

Dietitians Association of Australia
Website - www.daa.asn.au
Telephone - 02 6189 1200
Email - info@daa.asn.au

Diabetes QLD
Website - www.diabetesqld.org.au
Telephone - 1300 136 588
Email - info@diabetesqld.org.au

QLD Health
Website - www.health.qld.gov.au
Telephone - 07 3234 0111

Nutrition Australia QLD
Website - www.naqld.org
Telephone - 07 3257 4393
Email - info@naqld.org

Healthy Kids Association (for parents)
Website - www.healthy-kids.com.au
Telephone - 02 9876 1300 or 1300 724 850
Email - info@healthy-kids.com.au