



Simple steps TO A HEALTHIER YOU

Make small changes for a healthier, more energetic you.

- Aim for 2 serves of fruit and 5 serves of vegetables daily
- Choose smaller portions
- Be active daily and break up long periods of sitting throughout the day
- Drink plenty of water
- Reduce and manage your stress levels by doing something you enjoy each day
- Access information about mental health and wellbeing

Take your first step today.

For more details visit gethealthyatwork.com.au