

prevent disease

A HEALTHY lifestyle can prevent disease. Many diseases and conditions could be prevented if we all lived healthier lifestyles.

- **CARDIO-VASCULAR DISEASE**
- **DIABETES**
- **CANCER**
- **INJURY**
- **DEPRESSION**

A HEALTHY lifestyle can also help fight disease. It's never too late to change your lifestyle. Doctors often prescribe a balanced lifestyle of rest, moderate physical activity and healthy eating to manage or fight diseases. There may not be a cure, but a healthy lifestyle can have a positive impact and prevent complications.

where do I begin?

Illawarra Target 2000 is a campaign that promotes practical ideas on lifestyle change through the local media.

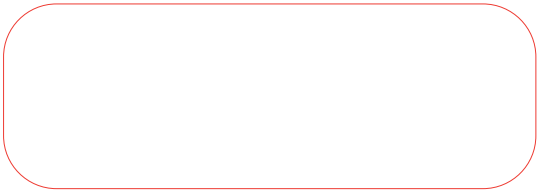
PICK UP an Illawarra Target 2000 Lifestyle Challenge booklet from your local GP surgery or community health centre.

FILL IN the booklet and start thinking about lifestyle changes that you could make.

SEE YOUR GP to discuss the changes you could make to your lifestyle.

LOOK OUT for the weekly health column in the Illawarra Mercury Life&Style section on Tuesdays and The Advertiser on Wednesdays.

TUNE IN to VOX 106.9FM every Thursday at 12.30pm and ABC Illawarra 97.3FM on the first Tuesday of each month at 10.30am.



A local initiative by local organisations:

ABC Illawarra 97.3FM
Healthy Cities Illawarra
Illawarra Area Health Service
Illawarra Division of General Practice
Illawarra Health Fund
Illawarra Medical Laboratories
IMB
Illawarra Mercury
Illawarra Retirement Trust
i98 98.1FM
Kiama Council
Prime Television
Southern Pathology
TEN Capital Television
University of Wollongong
VOX 106.9FM
WAVE 96.5FM
WIN Television
Wollongong City Council

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lifestyle



**Make one change to your lifestyle
and enjoy the health benefits**

YOUR lifestyle challenge

We're not asking you to turn your life upside down. Even a 10 minute walk will benefit your health. Illawarra Target 2000 is challenging you to make just one change to your lifestyle, before the Sydney 2000 Olympics, and enjoy the benefits.



active

Make time to be active 30 minutes a day - you could even break it into three 10 minute walks; a walk before work, a walk around the block at lunch and a walk when you get home from work. You'll lower your risk of heart attack and stroke and be less likely to develop diabetes in middle age. You'll also feel and sleep better. Freecall 131 302.

relax

Make time to take a break and relax - your emotional health has a big effect on your physical health. Freecall 131 114 or for kids 1800 551 800.

fruit & veg

Try to eat two pieces of fruit and five serves of vegetables a day (eg. one cup salad, half cup cooked veg) - these foods can reduce your risk of heart disease and most cancers.

Enjoy a healthy lunch like a salad sandwich - foods high in saturated fat like a meat pie or chips raise the cholesterol level in your body and could lead to clogged arteries and even a heart attack or stroke.

skin care

You should wear sunscreen and a hat on cloudy days - the ultra violet rays that damage skin are present every day, all year round, even on cloudy days. Australia has one of the highest rates of skin cancer in the world. You can choose to protect your skin.

check-up

Make time to visit your doctor for a check-up each year - your family doctor can suggest ways to improve your health and detect diseases in their earliest stages. Talk to your doctor about your family history and ask your doctor to check your blood pressure and your skin for cancers. Most women need a pap smear every two years and those over 40 need a mammogram.

dairy products

Try to eat three serves of dairy food a day (eg. a glass of milk, a tub of yoghurt, a piece of cheese)- eating foods that contain calcium throughout your life can reduce your risk of developing osteoporosis in later life. Remember, men can also get osteoporosis.

less smoking

If you're not ready to quit completely just yet, you can decide not to smoke inside your home or car - you'll protect the health of the people you live with and will find it easier to cut down the amount you smoke. Freecall 131 848.

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