



No alcohol. No kava

Stop smoking

Name:

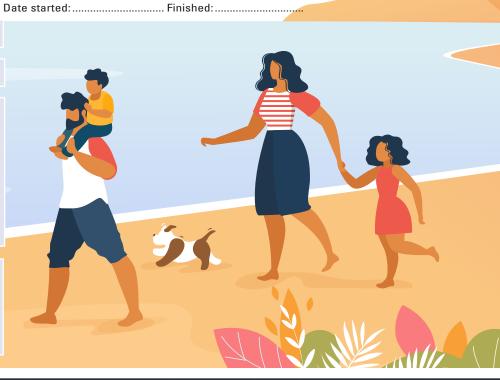
BE PHYSICALLY ACTIVE

- Walk whenever you can
- Walk instead of taking a bus or taxi
- Take stairs instead of lifts
- Do sport
- Get dancing
- Play games
- Swim if you can

HIDDEN KILLERS

• Eat less highly processed foods

- Eat less fried, fatty foods
- Eat less salt
- Eat less sugar



Drink water rather than fizzy drinks

Eat 5+ servings of fruit & veg a day

CHOOSE HEALTHY SNACKS

(fruits, dried fruits, nuts & seeds) Choose plant based or skim milk

CHOOSE FIBRE FOODS

- Root crops (taro, cassava sweet potatoes, yam etc.)
- Wholemeal bread
- Brown rice
- Lentils
- Beans
- Oats

HEALTH RISKS	PROGRESS TOWARDS MY GOALS					HEALTHY GOALS
	My Scores	My Plan	6 Weeks			HEALIHT UUALS
Large waist measurement	•••		00	88	•••	Waist should be half your height
Overweight	•••		88		•••	5-10% weight loss if overweight
High blood pressure	•••		99	88	•••	Less than 140/90 mmHG
High blood sugar	•••		88	88	•••	Fasting 4.0-6.0mmol/L. Random 4.0-6.5 mmol/L
Unhealthy diet	•••		88	00	•••	5+ veg & fruit a day. Low fat, sugar & salt
Physical inactivity	•••		88	00	•••	At least 150 minutes per week
Smoking	•••		88	88	•••	Non-smoker
Harmful alcohol/kava use	•••		88	89	•••	No alcohol. No kava
Depression	•••		99	60	•••	Coping well