

# HEALTHY BODIES, HEALTHY MINDS

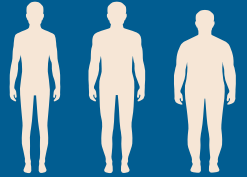
Key Messages for Individuals

## Mental Well-Being

RESPECT all bodies and focus on the positive qualities in yourself and others



HEALTHY BODIES look different for different people



Be critical of MEDIA MESSAGES and food advertising



Get enough quality SLEEP

ROLE MODEL healthy living behaviours where you live, learn, work and play



## Healthy Eating

BREASTMILK is the normal food for babies



Enjoy a variety of foods, including lots of VEGETABLES AND FRUIT

Practice SAFE FOOD HANDLING to prevent foodborne illness; separate, clean, cook and chill



Listen to your BODY'S SIGNS of hunger and fullness

Choose WATER if you're thirsty



## Physical Activity



Enjoy doing your favourite PHYSICAL ACTIVITIES every day

TRY new challenging activities that develop your body, your skills and your confidence



Take time to play in NATURE and explore the outdoors

Keep SCREEN TIME to a minimum



Take regular BREAKS from sitting

