

# 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



**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

Keep **SCREEN TIME** to a minimum



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



Take time to play in **NATURE** and explore the outdoors

Take regular **BREAKS** from sitting

