

Some simple life hacks could rescue your New Year health resolutions before it is too late

There is still time for Wide Bay residents to make their health resolutions come true with a few easy “life hacks”.

Molly Blain, the My Health for Life Support Officer for Central Queensland, Wide Bay, Sunshine Coast PHN said it was often better to make simple, considered changes to your health, than trying to tackle major health and lifestyle changes in one go.

“Don’t think of it in terms of overhauling your lifestyle because straight away it will make you feel like it is too big a challenge,” Ms Blain said.

“Instead, work on being a healthier version of your current self. Start with swapping a few bad habits with some good ones and focus on making healthier choices wherever you can.

“It might not seem much, but before too long these little changes add up and can make a big difference to your overall health.”

Almost 14 percent of people in Wide Bay have high blood sugar compared to an average of 9 percent across Queensland, while almost 37 percent have high blood pressure compared to 29 percent.

Ten healthier choices Wide Bay residents can turn into New Year resolutions today, include

- Check if you are eligible for the free Queensland Government-funded *My health for life* program. It provides six months of personalised support to help people get their health on track and lessen their risk of type 2 diabetes, heart disease and stroke. Try the free online health check on www.myhealthforlife.com.au.
- Drinking a big glass of water as soon as you wake up and increasing water intake by several extra glasses a day.
- Swapping full cream milk for low fat milk and going without sugar in tea and coffee.
- Go cold turkey on soft drink and flavoured milks. Queenslanders, particularly men, are big consumers of commercially flavoured milk, such as iced coffee.
- Swap dessert for a piece of delicious fruit. About 1.6 million Queenslanders are still not eating the recommended serves of fruit.
- Learn one new healthy recipe a month. Diabetes Queensland, the Heart Foundation and the Queensland Government’s Healthier. Happier websites all feature easy, healthy recipes.
- Eat breakfast every morning (but avoid sugary cereal).
- Switch off all electronic devices an hour before bed to establish a pattern of good sleep.
- Keep health appointments up to date, including flu shots, a prostate check, breastscreens, the optometrist and dentist.
- Check with local councils or go online to search for free fitness programs in your area. Many councils run tai chi, park runs or know of local walking groups.

Ms Blain said that while the health of people in the Wide Bay area is generally good, there is always room for improvement, so making a few New Year’s health resolutions was a good idea.

“Our area has a higher percentage of people with conditions like diabetes, high blood sugar and high blood pressure when compared to the Queensland average.”

“These conditions can be managed by making simple changes,” she said.

*****ENDS*****

For more information or to arrange an interview, please contact Matt Norman with the Central Queensland, Wide Bay, Sunshine Coast PHN via mnorman@ourphn.org.au or 0434 849 878