



MEDIA RELEASE

Kick-Start Healthy Habits In 2015

Monday 16th February 2015

To mark the start of the New Year, dietitians are throwing their supporting behind the people of Sunraysia to help them eat better to feel better.

The call comes as the Dietitians Association of Australia (DAA) launches Australia's Healthy Weight Week (AHWW) 16-22 February 2015. Local dietitians Danika Carty and Adelaide Giddens said this year's campaign will be encouraging more Australians to cook at home as a way to help achieve and maintain a healthy weight. They've said recent research shows home cooking is linked with healthier habits, such as eating fruit and vegetables more often, and less visits to fast food restaurants, and in turn, this is more likely to result in a healthy weight.

'I encourage all Mildura residents to look at making small changes to how they eat, for long-term health. A good place to start is to cook at home more often. We know this is a key ingredient for a healthier diet. So why not take the AHWW cooking challenge to cook seven meals in seven days?' said Danika Carty.

Dynamic duo, celebrity cook, Callum Hann, and Accredited Practising Dietitian (APD), Themis Chryssidis, from Sprout, have thrown their support behind AHWW again this year, and will urge all Australians to be healthy and confident cooks in their own kitchen. 'Equipping people with the 'know how' to cook low cost, quick, easy and nutritious meals from scratch can change eating habits for the better. There's something really satisfying about cooking up a meal that's quick, tasty and healthy,' said Mr Hann.

Healthy Weight Week is not just about losing weight. Adelaide Giddens explains that a healthy weight when you are older – from your late 60s on – doesn't mean the same thing as it does for younger adults. In fact good health at a later age is based more around an active lifestyle and avoiding being sedentary. A healthy weight in later years is higher than what might have been considered ideal when you were younger. Research shows that a Body Mass Index (BMI) between 23 and 28 are probably ideal – that would put many younger people in the 'overweight' range, says Ms Giddens.

Sunraysia Community Health Services dietitians Danika Carty and Adelaide Giddens decided to focus on the first meal of the day along with active lifestyle choices. "It is a well known fact that eating breakfast sets you up for healthier eating habits during the day." says Adelaide Giddens. To celebrate Australia's Healthy Weight Week Sunraysia Community Health Services dietitians will be hosting a food display of healthy breakfast ideas on Tuesday 17th and Thursday 19th of February at Mildura Central, between 8am and 9am.



The 'Mildura Central Walking Club' is an initiative of a partnership between Sunraysia Community Health Services and Mildura Central which provides an opportunity for physical activity in a flat climate controlled environment, twice per week. New members are always welcome.

For more information on AHW, and to download your free copy of the AHW cookbook, Everyday Healthy: Seasonal, Fresh & Tasty developed by Sprout, visit: www.healthyweightweek.com.au

END

Media enquiries to:

Photo Opportunities Are Available Either On The Tuesday 17th February Or Thursday 19th February 2015 At Mildura Central, Between 8am And 9am OR At SCHS Ramsay Ct Upon Request

Linda Henderson, Team Leader Allied Health 0438853116 Or 50225444