

MORE THAN 70
SNACKABLE HEALTH
AND WELLBEING TIPS
TO CELEBRATE
70 YEARS OF CBHS!

70
NEVER LOOKED SO GOOD

WHY THIS E-BOOK? WELL, WE'RE NOT AS HEALTHY AS WE THINK WE ARE...

Almost four out of five Aussies would rate their health as 'good' to 'excellent'. But, the numbers plainly tell a different story. In fact, more than 60% of us are obese or overweight. And, only a tiny 7% of us eat enough veggies! In a country where chronic and complex disease is on the rise, these are alarming statistics. After the global pandemic year, it's also no surprise that many of us are facing mental health challenges. The data tells us that one in seven Australians are likely to have experienced a mental health issue in late 2020. Many of these have gone undiagnosed and untreated.

only 7 %
of us eat enough veggies

60%
of us are obese or overweight

one in seven
Australians are likely to have experienced
a mental health issue in late 2020

Source: "Australian Health Indicators" prepared for Members Health Fund Alliance by IPSOS.



As a nation, we have been avoiding GPs. We're sure it's nothing personal, but more than a third of us had delayed or avoided a doctor's visit in the three months prior to being surveyed.

Although those of us with private health cover fared better on almost all health and wellbeing measures (well done, if that's you), we're not about to rest on our laurels. There's always room for improvement when it comes to your health.

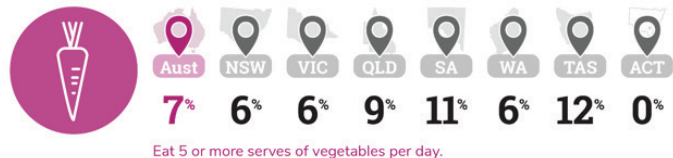
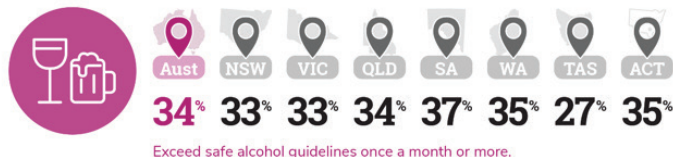
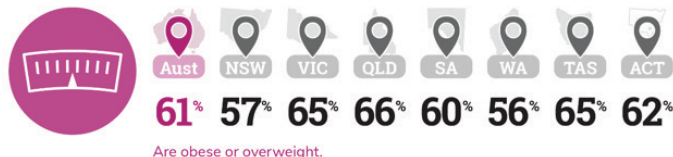
If we continue to think we're healthier than we really are, there's a good chance we'll miss important signs of poor health. So, let's not pretend anymore. If you take anything away from reading this, get checked. Don't put your health on the backburner. Make that date with your doctor.



Read the full Australian Health Indicators report.



Australian health indicators



Source for all data is: "Australian Health Indicators", prepared for Members Health Fund Alliance by IPSOS.



SMALL LIFESTYLE TWEAKS. BIG IMPACT.

We're on a mission to not only help our members when they need us most, but also to help people need us less. As the old saying goes – prevention is better than a cure. Living a healthier life doesn't have to be hard work. It can be as easy as focusing on making one small change at a time. And then another one... celebrate the small wins along the way. The aim of this e-book is to show you 70 ways that your whole family could live healthier and happier. It's about small lifestyle tweaks that have a big impact.

We hope you enjoy this e-book, and that you make use of this health and wellbeing information from our panel of expert contributors.



Belong
to
More

Plus, 2021 is our 70th milestone year, but we wanted to give you a gift! Because with CBHS, you Belong to More.

**More care, more
support, more
value.**



YOUR EYES

See life more clearly

Your eyes are precious – you've only got two of them. Plus, vision is a wonderful sense to preserve and keep sharp, so you can enjoy all the sights life has to offer for years to come. Peter Murphy, Eyecare and Community Director at OPSM shares his ten top tips for keeping your vision in check.



HAVE REGULAR EYE TESTS

We can take our eyes for granted, when we should celebrate what they do for us. Start with a 30-minute eye test at least every two years. Some of us may need to be tested more often if we have particular eye conditions or if we're over 40. If you have a family, why not get tested at the same time, so you'll all have the chance to see more clearly?

2. SLIDE ON UV PROTECTION

The harm UV rays cause is often irreversible. Yes, irreversible. These harmful rays from the sun also reflect off surfaces like water, sand and snow and the damage they cause has been linked to cataracts and conjunctival changes. What's more, the eyelid region accounts for 5% to 10% of all skin cancers'. We all remember 'Slip, slop, slap', but the importance of wearing sunglasses was recognised by the Cancer Council in 2007 when they updated the famous slogan to 'Slip, slop, slap, seek, slide' to include looking for shade and sliding on sunglasses.

UV radiation in Australia has increased by between 2% and 6%² since the 1990s. It's never been more important to slide on the sunnies. And, don't forget the little members of the family too. Try to persuade your children to get in the habit of wearing some cool kids' sunglasses, even on cloudy days when UV light can still penetrate. Sunglasses vary in quality enormously, with some sunglasses providing only a small amount of UV protection. You should only wear sunglasses with a minimum Sunglass Standards category of 2. Learn more about [sunglass standards](#).

3. EAT WELL AND EXERCISE

Your eyes love a diet rich in antioxidants and omega oils. Snacking on fruit, nuts and eating oily fish or eggs a couple of times a week will help keep them healthy. By doing this, you may reduce the likelihood of dry eyes and macular degeneration.

Foods that are good for your eyes include:

- **Oily fish** - salmon, herring and sardines for their Omega-3 fatty acids
- **Fruit** - blueberries, prunes, raisins and strawberries, as they are rich in antioxidants
- **Leafy green vegetables** – spinach, broccoli and kale for their essential vitamins and minerals
- **Eggs** - for fatty acids, lutein, B-vitamins and zinc
- **Dark chocolate** – for its antioxidants and flavonoids
- **Garlic** – it can enhance blood flow and boost the immune system

Some eye conditions, like diabetic retinopathy, are also linked to lack of physical activity, so keeping fit can help keep your eyes in good shape.

How much you do is up to you, but even adding a brisk walk to your daily routine is beneficial.

Wear prescription glasses?

85% of OPSM's sunnies can be fitted with prescription lenses and they're 100% UV protected, so you don't have to sacrifice style for perfect vision.





4. REST YOUR EYES

Working for hours on a computer, tablet or mobile phone can lead to computer eye strain. This is because your eyes are fixed on the screen at a specific distance for long periods. Take a few moments to refresh your eyes by following our tips. If you still find that your eyes are tired and sore at the end of the day, it might be time for an eye test, even if you're not due for one.

- Set a reminder on your computer to take a 2-3 minute break from the screen every 45 minutes
- Limit your children's computer and gaming activity to 45 minutes a session
- Blink frequently, as it helps you avoid dry eyes and irritation
- Order anti-reflective coating on your glasses to minimise glare
- Avoid lighting that's in your direct line of sight or reflects off the screen
- Place any reference or reading material at the same distance as your screen so your eyes don't have to readjust.



Punching above its weight. The eyelid region accounts for **5-10% of all skin cancers¹**.

So don't forget to slide on those sunnies.




5. DO YOU HAVE SYMPTOMS OF DIGITAL EYE STRAIN?

On average, people of working age in Australia now spend over six hours a day staring at screens³, which places an immense strain on our eye muscles. Spending significant amounts of time staring at screens also causes our blink rates to reduce, resulting in eye irritation.

Overseas studies have shown that up to 90% of computer users (and other screen users) suffer visual symptoms⁴, these include:

- **Tired eyes:** when eyes feel achy, weak, or heavy due to intense use
- **Dry eyes:** a deficiency of tears. Usually a scratchy or sandy feeling as if something is in the eye
- **Headaches:** a continuous pain in the head
- **Eye irritation:** mild eye redness, itching, burning or tearing
- **Blurred vision:** a lack of sharpness of vision resulting in the inability to see fine detail.



Up to 90%
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other screens) suffer
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digital eye strain.

6. CHECK YOUR DISTANCE

For screen-based devices, the recommended working distances are⁵:

 **30cm** Smartphone, ebooks and tablets

 **60cm** Desktop computers

 **3m** TV

*not to scale.

Colour vision deficiency affects around **one in 10 men**, but women are rarely affected.

7. LOOK INTO YOUR FAMILY HISTORY

Some eye conditions can be genetic. Here are some of the most common hereditary diseases and conditions:

- **Macular degeneration, diabetic retinopathy or cataracts.** If you have a family history of any of these, it is important to let your optometrists know.
- **Colour blindness.** A misleading term, as people called colour 'blind' are actually colour vision deficient. There's no treatment, and the majority of people adjust to the condition. It affects approximately one in 10 men, with women rarely affected. A difficulty in distinguishing between red and green is the most common type, although blue and yellow may also cause confusion.
- **Retinitis pigmentosa.** An inherited eye disease resulting from a mutated gene that causes the retina to degenerate. It usually appears in childhood, but vision issues don't occur until the late teens and early twenties. This disease can cause people to become legally blind by the age of 40.





50,000
eye-related
workplace incidents
each year⁷

8. PROTECT YOUR EYES AT WORK

More than half of all eye injuries suffered in Australia are workplace-related⁶, accounting for 8% of workplace injuries. That's around 50,000 incidents each year⁷. Not surprisingly, most occur in industries like construction, mining, agriculture, forestry and fishing.

9. NO NEED TO BE AFRAID OF CONTACT LENSES

The first contact lenses were made from glass and could only be worn for short periods before becoming uncomfortable and even damaging to the eyes. Since the first plastic contact lenses were invented in 1939, technology has moved ahead in leaps and bounds. Today there is a contact lens option for most people. Tried them years ago and didn't like them? There have been so many developments that you may like to try them again.



10. TRY LEADING EDGE TECHNOLOGY. GET YOUR ULTRA WIDE DIGITAL RETINAL SCAN AT OPSM

OPSM has invested in leading-edge technology to ensure you have the very best chance of detecting general health issues or eye conditions, the Ultra Wide Digital Retinal Scan gives OPSM optometrists a huge 200° range within a single scan – four times more than a digital retinal scan. The Ultra Wide Digital Retinal Scan captures an image covering more than 80% of your retina. If this delicate lining at the back of your eye is damaged, it may affect your vision. The scan helps optometrists to identify any issues and also reveals any blood vessel abnormalities that could indicate early signs of disease.



OPSM is a CBHS Choice Network provider.

CBHS members get special discounts for OPSM retail store purchases. Just bring your membership card along when you shop!

- 20% off the normal retail price on all glasses lenses and lens add ons
- 10% off the normal retail price on all contact lenses
- 15% off the normal retail price of all non-prescription sunglasses purchased at retail stores
- 5% off OPSM direct contact lenses plus free delivery within Australia (opsm.com.au)

Belong
to
More

You can now book an **OPSM Tele-Optometry video consultation** with an OPSM optometrist from the comfort of home based on suitability and your eye care needs.

T&Cs

Discount must be applied before claiming benefits from CBHS.
Not to be used in conjunction with any other offer, promotion or discount.

Sources

1. skincancer.org
2. cancer.org.au
3. Millward Brown 2014 AdReaction Report
4. Reddy SC et al. Computer Vision Syndrome: a study of knowledge and practices in university students. Nepal J Ophthalmol 2013;5(10):161-168. (found Prevalence 89.9)
5. Bilton N. I Live in the Future & Here's How It Works. Crown Business: New York, 2010.
6. Optometrists Association Australia
7. Safe Work Australia

Eye checks are only claimable on CBHS Extras if not claimable on Medicare.

OPSM

opsm.com.au

We are
what
we eat

Put good things in and get good things out. CSIRO Head of Digital Health Coaching & Client Success, Pennie McCoy, takes us through the top ten nutrition tips to help improve your health from the inside, out.

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BOOST YOUR VEGETABLE INTAKE!

There's little doubt that one of the most important food habits to master is to include plenty of vegetables in your diet. They are packed with vitamins, minerals and other health-giving nutrients such as antioxidants and phytochemicals. They are also high in fibre, yet low in kilojoules, making them an ideal addition to your meal.

12. EAT MORE QUALITY WHOLE FOODS

Excessively processing food often removes its fibre and nutrients, the substances that fill you up and nourish the body. Alternatively, whole foods tend to be richer in fibre, vitamins, minerals and antioxidants. They take longer to digest, filling you up more and providing longer lasting energy. Whole foods also tend to have a lower glycemic index, an important component of a balanced diet.

13. DRINK MORE WATER AND STAY HYDRATED

There are a number of ways that drinking enough water can help you feel better and lose weight. Water helps your body function at its best, and is a transport agent for nutrients, and oxygen. Staying hydrated also helps to eliminate the toxins from the body which can damage the gut by causing inflammation and irritation.



Did you know?
Losing as little as 5%
of your body weight can
substantially improve your
health and can help to
**significantly reduce your
risk of type 2 diabetes,
heart disease and
strokes.**



14. EAT MORE PROTEIN

Research on the CSIRO Total Wellbeing Diet has shown for decades how a higher protein diet is beneficial for weight loss. Newer research suggests that we should spread protein more evenly across all meals, and especially at breakfast. For most, this means eating more protein at breakfast and lunch and less at dinner. Higher protein diets can lead to better appetite control, enhancements in metabolism, reduced cravings, reduced overall energy intake and improved body composition.

Spread protein more evenly across all meals, and especially at breakfast.



15. CHOOSE LOW GI FOODS

A key benefit of low glycemic foods is their effect on appetite. The sustained energy of low glycaemic carbohydrates helps you feel fuller for longer, which can make it easier to stick to healthier foods throughout the day and avoid the afternoon binge.

glycaemic index (GI)

a way of ranking carbohydrate-containing foods based on how slowly or quickly they are digested and increase blood glucose levels over a period of time – usually two hours.

16. ORGANISE AND SPREAD YOUR MEALS EVENLY

Being organised and well prepared can make a huge difference to the quality of your diet. This includes habits such as planning your meals in advance, freezing healthy meals for a later date, shopping to a list, and always having healthy ingredients close at hand. It will save time, and reduce your reliance on last-minute food choices where healthy options can be hard to come by.



17. EAT MINDFULLY AND ENJOY YOUR FOOD

Now that the quality of your diet is on the improve, shift a little focus towards how fast you eat. Fast eating is thought to reduce the release of appetite-suppressing hormones, so you end up eating for longer. Alternatively, eating slower gives your body time to register a feeling of fullness, and reduces the likelihood that you'll overeat.

18. EAT MORE GUT-FRIENDLY FOODS

What you want to look for is fibre-rich and fibre-diverse foods like wholegrains, fruit, vegetables, legumes and other plant foods. Fibre is a core component of a healthy, balanced diet and has well-established benefits in preventing and managing many common gut-related disorders. Fibre can also help to lower cholesterol and improve glycaemic control.

Legumes are the edible seeds that grow within pod-producing plants such as **chickpeas, lentils and beans.**

They are a good source of soluble fibre and plant proteins, making them a good choice for your gut health.

19. ENJOY YOUR INDULGENCES

Probably one of the easiest ways to fall off the healthy eating wagon is to deprive yourself. You get sick of eating well and you over-indulge. Instead, stick to your healthy eating habits, but find little ways you can treat yourself when you reach your goals.



Healthy oils like olive, sunflower or safflower oils are great to include, as well as foods like nuts, seeds and fish which are **packed full of healthy fats**.

20. EAT GOOD HEALTHY FATS

Despite the bad press that dietary fat has received over the years, fat actually plays an essential part in any diet. The trick is to boost your intake of the healthy fats, and reduce those saturated and trans fats (often found in baked or fried foods like biscuits, cakes, and pastries). Healthy oils like olive, sunflower or safflower oils are great to include, as well as foods like nuts, seeds and fish which are packed full of healthy fats.





Digital Wellness®



**TOTAL
WELLBEING
DIET**

CBHS is committed to helping our members live healthier and happier lives. That's why we've partnered with Digital Wellness to bring you the CSIRO Total Wellbeing Diet, Australia's leading scientifically proven weight loss program.

The online program combines a high protein, low GI diet with powerful online tools for maximum weight loss. CBHS members have even achieved a fantastic average bodyweight loss of 6.8%!

The program is designed to help you form healthier eating habits that can guide you towards successful long-term weight management and healthier living.

The CSIRO Total Wellbeing Diet online program is available to CBHS members in two ways:

- Members who hold Hospital cover and have a chronic disease – or a risk of chronic disease – may be able to access the CSIRO Total Wellbeing Diet for 24 weeks at no cost as part of a Digital Wellness: Total Wellbeing Lifestyle Plan. Email wellness@cbhs.com.au to find out more.
- CBHS members get a 20% discount off the cost of the CSIRO Total Wellbeing Diet 12-week online program. Depending on your level of cover, you may also be able to claim benefits towards the cost of the program under your Extras cover.

Learn more at [CBHS Better Living](#).

MENTAL WELLBEING

Curious people are happier and have more empathy for others.

Through technology, our friends at TMS Clinics Australia have helped improve the lives of many unwell Aussies. So, it's fair to say their experts know a thing or two about what makes for positive mental health. Here are their insights:

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BE CURIOUS ABOUT YOUR OWN MIND, AND OTHER PEOPLE'S MINDS.

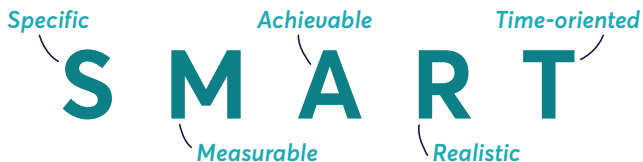
Learn all you can about the human brain, and how yours works. Curious people are happier, and have more empathy for others. Understanding our biases and assumptions, and being able to take the perspective of others, can improve wellbeing and relationships. Mindfulness practices – which involve focusing in the present moment with an attitude of curiosity and openness – such as breathing, are also very beneficial.

22. MAKE A DECISION TO ACCEPT YOUR EMOTIONS, AND CHALLENGING SITUATIONS, AS THEY ARE

Note: Acceptance is not the same as judging the situation to be 'good' or even 'okay', rather, acceptance is a way of skilfully dealing with reality without unnecessarily struggling against how things 'should be' which creates suffering. From this stance, then make any needed changes.

23. SET SMALL REALISTIC GOALS THAT YOU KNOW YOU CAN ACHIEVE

Continually setting goals we cannot meet, just leaves us feeling demotivated. Consider making your goals **SMART**



For instance, 'walk for ten minutes on Monday' is a lot more likely to happen than 'exercise more'. Acknowledge your success and gradually increase.

24. HALF SMILING: FAKE IT UNTIL YOU MAKE IT

Research has shown that the muscles in our face involved with smiling can improve our mood. This doesn't mean forcing a fake smile! Rather, a half-smile is just that – a small, 'Mona Lisa' smile that is subtle. Try half-smiling during a difficult experience and see how this shapes how you feel.



25. BRING FOCUS WITH ALTERNATE NOSTRIL BREATHING

This is a yogic breathing practice which has been used for many years to improve mental health. Sit comfortably with your left hand resting in your lap and your right hand on your nose. Breathing slowly, place your right thumb on your right nostril and your ring and little fingers on your left. Shut your eyes, and close off your right nostril, breathing slowly and deeply through your left. Now close both sides and hold your breath. Exhale through the right nostril. Then reverse it: inhale through the right, close it. Continue for a few minutes.

26. EXAMINE YOUR VALUES

Take a deeper look at what is really important to you, what matters to you as guiding principles in your life? Are you living your values, or are they someone else's?

27. WATCH DOCUMENTARIES ABOUT THE ORIGINS OF LIFE AND THE UNIVERSE

Gain a sense of perspective. Gazing at the horizon can do the same thing – a sense that there is a bigger picture and meaning.





We all know
we need to **get
enough sleep,
exercise, not drink
alcohol to excess and
eat well.**

So those tips are not
on this list!

28. FOREST BATHING – RECONNECT WITH NATURE

Shinrin Yoku is the Japanese art of forest bathing, which involves immersing oneself in nature and has great mental health benefits. Sit in the bush, your garden, a park, the beach, and focus on your senses in nature (touch, sight, smell, taste, sound).

29. MOVE YOUR BODY TO DISTRACT YOUR MIND

Some problems cannot be solved by analysis or thinking, in which case, physical movement is ideal. It can be anything – dance with your kids, stand up and stretch, jump on the spot, take a warrior yoga pose. Do a handstand if you can, it is hard to think of anything else while your arms are holding your body up against the Earth's gravity.

30. TUNE IN TO YOUR PERSONAL BOUNDARIES WITH SELF AND OTHERS

We all know we need to get enough sleep, exercise, not drink alcohol to excess and eat well. So those tips are not on this list! However, if you find yourself not doing the things that you know are good for you, or engaging in things that you know are destructive, be curious as to why that is. Do you need to set limits on yourself? How can you feel safer with yourself and your self-care choices? Counselling can be a useful tool for personal growth.



Oral care doesn't have to be hard work

You probably know that brushing twice a day is essential for the health of your mouth, but there are some other things you need to think about too. The good news is that all these are super easy to incorporate into your self-care routine. And, they can save you money on expensive emergency dental procedures down the track!

Pacific Smiles, a valued provider group from our CBHS Choice Network, has shared some important tips to follow to ensure the health of your pearly whites and the rest of you too!

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FLOSSING – WHY IT'S SO FABULOUS

Nearly half of the surface area of our teeth can't be cleaned by brushing alone. Floss is the only way to remove food and plaque from in-between teeth and under the gums. Be gentle when flossing and avoid 'snapping' it against your gums, instead, use a zigzag motion. Take your time cleaning between every tooth, remembering if two teeth are touching there's likely to be food trapped.



32. TRY TO LIMIT YOUR SNACKING TO TWICE A DAY

Stick with three meals and two snacks each day. Each time you eat, the acid level of the mouth drops, which can cause the surface of the teeth to soften and start the tooth decay process. Your saliva plays a really important role in protecting your teeth by neutralising acids, but it takes up to 20 minutes for this to happen. The more frequently you snack, the less time you give saliva to protect the teeth. If you need a snack, aim for something healthy. Dairy foods, fruit and vegetables, nuts, crackers and apples are all tooth friendly.

33. CONSIDER IF STRESS IS AFFECTING YOUR MOUTH OR JAW

Tooth clenching, grinding, mouth ulcers and cold sores can all be signs of stress and anxiety. Speak with your dentist if you feel stress is affecting you in anyway, including your mouth.

34. THINK BEFORE YOU DRINK

Water is the best beverage if you're thirsty and will help to keep your teeth decay free. Soft drink, sports drinks, flavoured water and mixer drinks all contain varying amounts of sugar and electrolytes which can lead to tooth decay.

35. HAVE YOU REALLY LOOKED AT YOUR MOUTH LATELY?

Make a habit of looking in your mouth, at your teeth, gums and tongue. One sign of early decay is white spots near the gum line. Gum swelling, bleeding and redness are all signs of infection and gum disease. See your dentist if you have any changes in your mouth or teeth or have any pain.

There's nothing like the confidence a mouthful of sparkling, clean teeth can provide.

Studies have shown that having beautiful teeth can inspire a whole host of **emotionally positive knock-on effects.**

36. DON'T MISS YOUR NIGHT-TIME DATE WITH YOUR TOOTHBRUSH

If you have a late night, make it a tiny bit later by brushing your teeth before falling asleep. Tooth decay is common overnight when saliva flow slows down. Saliva has a protective effect on tooth enamel.

37. PREVENTION IS BETTER THAN CURE FOR TINY TEETH TOO

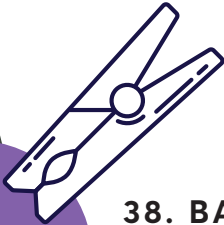
This is the stuff parents' nightmares are made of: between July 2016 and July 2017, 24 South Australian babies under 12 months old were admitted to hospital for extractions and tooth fillings. In the same period, 2,500 children under eight required dental treatment under general anaesthetic – a 55% increase over the last decade. In NSW alone, a staggering 40% of children aged 5-6 years have evidence of dental decay (which is largely preventable). Early childhood teeth decay causes pain, health risks, psychological trauma and significant cost, but empowering your child with the education to care for their teeth (under your supervision) is the smartest way to keep their ivories in the best possible condition for life.



More than three quarters (77%) of parents don't know that their children should see a dentist for their first check-up at about 12 months old.¹

In NSW, **40%** of children aged 5-6 have evidence of dental decay.





Brush your
**tongue as well
as your teeth!**

38. BANISH BAD BREATH

Halitosis – or bad breath – has many causes, though poor oral hygiene is a major reason. Bad breath can be embarrassing but the right treatment can be very effective. Brush your tongue as well as your teeth. Use a soft brush and tongue scraper as well. Chew sugarless gum after eating if you don't have time to brush, and swish your mouth with plain water after tea and coffee.

39. WEAR A MOUTHGUARD IF YOU PLAY SPORT

And remember to wear it during games and practice. Check your CBHS Extras cover to see if you can claim benefits for mouthguards.

40. GIVE SMOKING A MISS

Apart from the damage to your lungs, smoking can damage the gums, cause bad breath, affect taste and stain your teeth.

Speak with your dentist about caring for your teeth and gums so the rest of your body stays healthy as well. Don't wait until there's a problem or you have pain. It's important your dentist is monitoring your oral health regularly.

Pacific Smiles dentists are a valued part of our CBHS Choice Network provider group. Our Choice Network providers are committed to providing exceptional treatment to CBHS members while removing the gap for selected preventative dental treatments.

Source

1. The Royal Children's Hospital National Child Health Poll.



Pacific Smiles Dental is a CBHS Choice Network provider.



PacificSmiles
DENTAL.

pacificsmilesdental.com.au



It will thank you for it

If you've been reading this guide from start to finish, you will have noted that exercise and moving your body seems to be a reoccurring theme. That's because it's so good for you! The thing about exercise is that it's accessible and with a little modification, there is something to suit everyone.

One of our resident experts, James Charter, exercise scientist and CBHS Wellness Consultant brings us his top tips for getting your body moving – and keeping it moving! James' philosophy is to keep it simple when it comes to movement. He says "I love to coach others in finding a way to transform. Exercise has transformed my life in so many ways, and my desire is to help others achieve similar transformations, physically and personally."

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KEEP IT SIMPLE

Exercise doesn't have to be complicated – stick to the simple exercises and moves (particularly with strength exercises) to make sure you can concentrate on the effort, instead of a complicated list of steps.





42. MAKE IT FUN – IT'S EASIER TO BE MOTIVATED FOR SOMETHING YOU LOVE!

The more you like doing something, the more you'll do. Don't be afraid to try out a few things before settling on something that's right for you. Supercharge the benefits by finding an activity you can enjoy outdoors.

43. VARIETY IS THE SPICE OF LIFE

Strength, cardio and mobility – the more variety you give your body, the more things it will have to adapt to and the greater your results will be. Plus, mixing things up in your exercise routine means you're less likely to get bored, and makes it easier to stick with it!



44. KEEP IT FRIENDLY – DON'T GO IT ALONE

Find a friend, colleague or family member to join you so you can keep each other motivated. It's easy to cancel on yourself, but you're less likely to do so if you're letting a friend down.



45. MAKE A (FLEXIBLE) SCHEDULE

It's important to set time aside for your exercise. But remember, the schedule's not a prison! Allow yourself permission to change it if you need to.

46. STRETCH YOUR HORIZONS – TRY SOMETHING YOU'VE NEVER TRIED BEFORE

Absolute gym fiend? Try yoga. A yoga tragic? Try lifting weights. Integrating alternative activity into your routine is called 'cross-training' and it's something even the sporting greats do.

47. KNOW YOUR BENCHMARKS

Aim for at least two strength training sessions and 150+ minutes of moderate-intensity activity per week to hit the Australian Department of Health's exercise guidelines.

2 + **150+**
strength training sessions minutes of moderate-intensity activity per week



48. A LITTLE GOES A LONG WAY

Just because you can't fit in a full workout doesn't mean that you should do nothing. Something is always better than nothing. Each minute of activity adds up throughout the week.

49. RECOGNISE YOUR PROGRESS

Progress is really motivating, keep track so that you don't miss it! It's up to you how you choose to do it based on your goals – take photos or videos, measurements, step on the scales or even just track your mood in a journal.

Aim for at least
two strength training
sessions and 150+
minutes of moderate-
intensity activity per week
to hit the Australian
Department of Health's
exercise guidelines.



50. STEP IT UP – WHEN YOU'RE READY!

If we do the same thing forever, we don't grow our capabilities and we may get bored. Find a way to increase the challenge slightly to keep yourself motivated and give your body new goals. Been running on a flat treadmill? Put it on incline. Been taking the escalator? Take the stairs.

For live webinars with our CBHS experts like James, follow us on Facebook. We regularly bring you new insights and practical tips on nutrition, fitness and wellbeing. These Healthy Bytes X webinars are free 30-minute sessions and everyone is welcome.



LIKE CBHS HEALTH
FUND ON FACEBOOK

healthy
bytesX

Belong
to
More

AN OUNCE OF PREVENTION

It's worth a pound of cure.

Prevention is better than cure. Your GP has been telling you this for years, and for good reason. Controlling the risk factors associated with chronic disease can see you avoiding endless pain (whether physical, mental or financial), while allowing you to live your best life for longer.

What's more, prevention can be quite easy, and – dare we say it – fun. Let's take a look at the top 10 ways you can not only minimise the bad, but maximise the good. These tips are from our partner, Valion Health. We work closely with Valion Health to deliver a virtual cancer support program and also a range of virtual allied health professional services you can access from home.

51

STAY ON TOP OF SCREENING AND VACCINATIONS

Regular health checks are vital in identifying the onset of chronic disease at its earliest stages. Cancer screening tests (most notably breast, cervical and prostate) are the greatest defence we have against these debilitating conditions. Vaccinations, meanwhile, guard our bodies against a wealth of external threats.



Taking care of yourself doesn't mean me first; it means me too

52. REDUCE INFLAMMATION

Chronic inflammation is a lifestyle-driven ailment that is a significant precursor to a range of illnesses, from depression to diabetes. An often life-saving function of our autoimmune system, inflammation can also be triggered by our modern sedentary lifestyles, eventually leading to these more serious conditions. The key to helping prevent inflammation is simple: a healthy diet and physical activity.

53. CARE FOR CARERS

The demands put on carers are great. The task of looking after someone else can see these selfless individuals ignoring their own needs. But as L.R. Knost put it, "taking care of yourself doesn't mean me first; it means me too". By caring for themselves, carers ensure they are able to care more for others.

54. ENHANCE YOUR STRENGTH

Strength training shouldn't be reserved for the Arnold Schwarzeneggers of the world – it should form a key part of any fitness and prevention program. Weight training boasts proven cardiovascular, muscle strength, bone strength, weight loss and balance benefits, and things like body weight and resistance training can be done almost anywhere!

55. PRACTICE MINDFULNESS


With such great focus on the physical, it can be easy to forget the mental, which is an equally important aspect of your health. Mindfulness is a set of techniques that allows you to immerse yourself in the moment, helping you own, accept and cope with negative or intrusive thoughts and feelings. Far from being mystical or religious, mindfulness is scientifically proven as an effective tool for mental illness prevention.

56. TAKE A 'TRIP' TO THE MEDITERRANEAN

There's a reason why the Mediterranean is home to so many centenarians. Boasting a diet overflowing with plants and quality fats and limiting processed foods, the people of Greece, Italy and other Mediterranean countries enjoy lower rates of chronic disease, and stay healthier and more physically active for longer.

57. FIND A REGULAR GP

Your body is an incredibly complex machine. To be able to effectively identify potential warning signs and risk factors, a GP must first build up familiarity with you and your body. It's vital that you find an experienced doctor who knows your medical history and is passionate about preventative care.



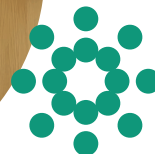
It's vital that you find an experienced doctor who knows your medical history and is passionate about preventative care.

58. GET A GOOD NIGHT'S SLEEP

For something that we spend around a third of our lives doing, the importance of good sleep continues to go unrecognised. In reality, a good night's sleep is every bit as important as proper diet and regular exercise. By allowing your body to rest and recoup, it helps fight off infection, guards against disease flare-ups, and does wonders for your mental health.

59. DON'T UNDERESTIMATE THE EFFECTS OF DAILY AEROBIC ACTIVITY

It's intuitive that physical activity is good for your health. But the impact that even a small amount of daily activity can have remains underestimated. Exercise is an almost universal tool for the prevention and management of chronic conditions, most notably heart disease, but also diabetes, asthma, back pain, arthritis, and even seemingly disconnected conditions like cancer and dementia. Depending on your abilities, you might benefit from high-intensity exercise, or a simple walk around the block every day.



60. FIND YOUR HEALTHY WEIGHT

Weight plays a more significant role in the development of chronic disease than perhaps any other factor. It follows that losing excess weight can seriously reduce your risk of developing or exacerbating a chronic illness. Losing 13% of your body weight has been found to reduce the chances of developing type 2 diabetes by 42%, for example.

lose
13%
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body weight

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Source: diabetes.co.uk

Your GP is right: prevention is indeed better than cure. And when prevention means a day of checking in with your doctor, walking on the beach, practicing mindfulness, enjoying a Greek dinner and having a good night's sleep, it doesn't sound so bad.

At CBHS we can arrange for you to get hospital quality care at home, through our Hospital Substitution Program. Valion Health, who provided these prevention tips, are one of our wonderful partners who make this happen.

Valion Health's multi-disciplinary teams are helping our members get quality care in the comfort and safety of their own homes. This might be through virtual means (phone or video call) or in-home visits, depending on the program. Valion Health's focus is to bring human connection to care.



www.valionhealth.com.au



Raising the next generation of healthy Aussies

Our very own CBHS Wellness Consultants, Chantal Collins (nutritionist) and Alia Jaghbir (exercise physiologist) have shared their insights on how we can raise the next generation to be healthy and happy. Whether you're a parent – or grandparent – to babies or teens, these tips will help inspire the whole family to live better.



61

GIVE THEM A HEALTHY BREAKFAST

Start the day off right for your kids, and fuel them with a nutritious brekkie. Choose breakfast options that have some carbohydrates and protein to fill them up for longer. Oat porridge with yogurt or eggs with wholegrain toast are great easy ideas.



For little ones under two, the recommendation is **zero screen time**



62. LIMIT SCREEN TIME – IT'S OKAY TO BE THE 'BAD GUY'

The more time we spend on screens the less time we get moving our bodies. Limit screen time to a maximum of two hours per day and get everyone moving instead. For little ones under two, the recommendation is zero screen time, outside of video chats.

63. SIT LESS, MOVE MORE

A combination of team sports and strengthening activities such as gymnastics or supervised resistance-based exercise will keep the young ones in tip top health both mentally and physically. Walking the family dog counts too and is extremely therapeutic.

64. EAT THE RAINBOW

Aim for 2-3 cups of vegetables and 1-2 pieces of fruit every day to boost energy and vitality.

65. GET IN THE KITCHEN

Start playing around with healthy recipes. Gaining independence in the kitchen can extend into other areas of their lives. Not to mention knowing exactly what's going into your meals to help support their growth. Think, no fillers, preservatives and other additives that can have a detrimental effect on learning, growth and development.



66. DRINK MORE WATER

According to the Institutes of Medicine Food and Nutrition Board, adolescent males aged nine to 13 years require 2.4 litres of total water daily. Adolescent females aged nine to 13 years require 2.1 L of total water daily. Is your teen drinking this much? Staying hydrated helps to keeps them focused mentally and physically.

males
aged 9-13

2.4L/daily

females
aged 9-13

2.1L/daily



66. LIMIT ULTRA-PROCESSED FOODS

Reduce foods such as fruit drinks, soda, chocolate, candy and potato chips that are highly processed and full of unhealthy fat, salt and added sugar. These foods are energy-zappers, and leave us feeling fatigued and tired, and can lead to further bad food choices.

67. STAY CONNECTED

We are creatures that thrive when we feel connected. Organise a bowling game with friends or eat together as a family as often as possible. Where you are physically disconnected from friends and family, make time for regular virtual catch-ups.

68. PROTECT THEIR SKIN, THEY'LL THANK YOU LATER

Make sure your littles wear a good quality sunscreen. Getting just one bad sunburn as a child or teenager can increase their risk of getting skin cancer as an adult.

69. BLUE LIGHT = NO GOOD NIGHT

Science has finally found a link between too much blue light (emitted from screens) and lower quality sleep and repair. For a good night's sleep limit screen time after sunset. If you must be on a screen, change the display setting to warm. The recommended sleep time for children aged 5-13 is 9-11 hrs, while children aged 14-17 function well with 8-10 hrs sleep.

recommended
**sleep
time**

aged 5-13

9-11 hours/night

aged 14-17

8-10 hours/night



For a good
night's sleep
limit screen
time after
sunset

70. BE KIND TO YOURSELF

Lots of changes are taking place at this stage in your children's lives, so above all remember to be kind to yourself. Kindness creates positive emotion and reduces self-criticism, changing your inner and outer world for the better. It also teaches your kids that kindness rocks!



Sources

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6. Dong, K., (et al.) 2019 Blue light disrupts the circadian rhythm and create damage in skin cells <https://doi.org/10.1111/ics.12572>

WANT EVEN MORE HEALTH AND WELLBEING?

As your partners in health, our role is to help keep you up-to-date with the latest tips and advice. Always wanted to try mindfulness but don't know where to start? We've got you. Need to know how to decipher the labels at the grocery store? Look no further. Want to challenge yourself this month with a new healthy habit? We can help with that too.

We update our [Events and resources webpage](#) regularly with new and exciting content.

Or join our free Healthy Bytes X Facebook Live webinars.

All Healthy Bytes X webinars are presented by allied health professionals in their area of expertise, including fitness, nutrition and mental wellbeing. You'll come away armed with practical solutions to improve your health and wellness.



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