

# Running for The Tram Does Not Count as Exercise.



The Department  
of Harsh but Fair

A pretty official public service announcement.

**We don't control our genes and we can't prevent all illnesses. But we can improve our health and reduce our risk of chronic illnesses such as cardiovascular disease.**

## Quit smoking

Quitting smoking is the single most important thing you can do to improve your health. Visit [quit.org.au](http://quit.org.au) for advice and resources or speak to your GP.

## Be physically active

Regardless of who you are, moving regularly throughout the day is one of the most important things you can do to improve your health. You might not want to go to the gym but consider some of the following:

- Park your car further away from your workplace or the supermarket so you have to walk further.
- Take the stairs instead of the lift or escalator whenever you can.
- Take a few short walks throughout the day.
- Consider riding a bike or walking instead of driving to work or the local shops.

## Good diet

With all the diets and hype around healthy eating, it can be difficult to know what you should eat. Make sure you're eating a balanced diet that includes fruits and vegetables. The following tips are a great starting point:

- Make sure that the biggest part of your diet consists of fruits and vegetables.
- Make sure your meals are colourful. The more colours you have on your plate, the more nutrients you consume.
- Drink water instead of juices or soft drinks.

## Get a health check

Regular health checks are the best way to check your heart and overall health and can help identify potential risk factors. Most chronic illnesses can be treated or managed by a combination of medications and lifestyle changes. Don't wait until you are sick, book in an annual health check with your doctor, particularly if you are over the age of 40.

For access to information or to find a local GP, visit

[prettyofficial.com.au](http://prettyofficial.com.au)