



OTHER RESOURCES

1. Department of Health – Healthy Weight Guide

<http://www.health.gov.au/internet/main/publishing.nsf/content/healthyweighthome>

2. Department of Health Healthy Weight website

<http://www.healthyactive.gov.au/internet/healthyactive/Publishing.nsf/Content/healthyweight>

3. Heart Foundation Healthy Weight information/resources

<http://www.heartfoundation.org.au/healthy-eating/Pages/healthy-weight.aspx>

4. Better Health Channel (Victorian Government) Food and Nutrition resources

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_foodnutrition?open

QUIT SMOKING

Government information and programs are available to help people quit smoking.

5. Australian Government – Quit Now Australia

<http://www.quitnow.gov.au/>

6. Cancer Council Australia Information

<http://www.cancer.org.au/preventing-cancer/reduce-your-risk/quit-smoking.html>

<http://www.cancer.org.au/preventing-cancer/smoking-and-tobacco/>

7. Cancer Institute NSW – I Can Quit

<https://www.icanquit.com.au/>

8. Department of Health Information

<http://www.health.gov.au/internet/main/publishing.nsf/Content/tobacco-educat>

ALCOHOL INTAKE

Government information and other programs are available to help people quit smoking.

9. Drink Wise Australia

<https://drinkwise.org.au/>

10. Drink Less Mind 7-Day Online Program

<http://www.wellnesscoachingaustralia.com.au/Wellbeing-Studies/the-drink-less-mind-7-day-online-program>