

Spring into Action Safe Activity for Everybody.

Eating a balanced diet is important for good health, strong bones and muscles. A balanced diet keeps our immune system strong, and gives us the energy to do the things we enjoy.

Stay well hydrated

Staying hydrated is important for keeping your body healthy and functioning well. Aim to drink at least 6 glasses of fluid a day preferably water.



3 x healthy meals a day

Eating three healthy meals including protein, vegetables and fruit will give you the energy to keep active.



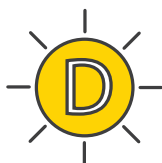
Calcium-rich diet

Including calcium in your diet is important for maintaining bone strength. Aim for 3-4 serves of calcium rich food such as dairy, sardines and salmon.



Boost vitamin D

Vitamin D is important for maintaining muscle and bone health. Vitamin D can be sourced from 10min of sunlight per day, fatty fish, eggs and fortified foods.



Nourishing fluids

If you have a poor appetite, drink nourishing fluids, such as milkshakes, smoothies and soups. It may help to speak to your GP.



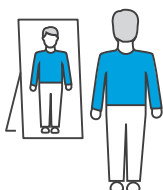
Keep it simple

Stock long-lasting foods, such as dried milk powder, tinned soup, rice pudding in the pantry and ready meals in the freezer.



Keep an eye on yourself

If you notice your clothes are tighter or looser seek advice from a health professional.



Enjoy food

Preparing meals and cooking are good ways to stick to a routine, and can be an enjoyable part of the day. Dig out your favourite recipes or try new ones.



Ask for help

If you have trouble shopping or cooking for yourself, there are services available. Contact Commonwealth Care Link on **1800 052 222** (free call) for help.

