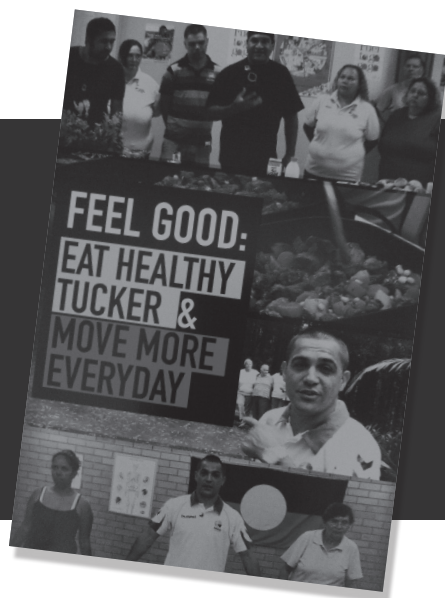


Feel good: eat healthy tucker & move more everyday

(2010)



Type: Audiovisual

Description:

The Aboriginal Health and Medical Research Council of NSW (AHMRC) and the Australian Diabetes Council (ADC) in consultation with the Aboriginal Community Controlled Health Services in NSW have developed a DVD called Feel good: eat healthy tucker and move more everyday.

The DVD provides tips for Aboriginal communities on eating healthier and finding ways to move more everyday. It showcases healthy lifestyle programs that are currently running at two Aboriginal Community Controlled Health Services - Tharawal Aboriginal Medical Service (AMS) in Campbelltown and Galambila Aboriginal Health Service (AHS) in Coffs Harbour.

The first segment 'Feel good with healthy tucker' was filmed with participants of the community kitchen program at Tharawal AMS with celebrity chef Mark Olive. The second segment 'Move more everyday' was filmed with Australian futsal player Lachlan Wright and participants of the Spring into shape program at Galambila AHS.

Highlighting the participants' practical tips on eating healthier and how to become more active everyday on the DVD are positive steps towards achieving healthier lifestyles and preventing Type II diabetes for Aboriginal communities.

Each package includes:

- 1x DVD
- upper limb exercises A3 poster
- lower limb exercises A3 poster
- Mark Olive's 'Roo stew' recipe card

When to use this resource:

This DVD can be used to support new or existing healthy lifestyle group activities or can be shown in individual settings to increase awareness of the benefits of a healthy diet and physical activity and how it relates to the prevention and /or management of diabetes. It is a practical and valuable educational tool for all individuals, families and those who are at risk of developing diabetes.

Producer:

Aboriginal Health & Medical Research Council of New South Wales, Diabetes Australia - New South Wales, Sydney, NSW

To order copies of this resource

AH&MRC

Ph: (02) 9212 4777

Fax: (02) 9212 7211

Email: ahmrc@ahmrc.org.au

To order a free copy of the DVD resource please contact the AHMRC Chronic Disease Program Coordinator Amina Currimbhoy

Email: acurrimbhoy@ahmrc.org.au

View website:

Diabetes Australia

<http://www.australiandiabetescouncil.com>