

# Tomorrow people (2008)

**Type:** Resource package

**Description:**

This resource package is part of the Australian better health initiative's *Measure up* campaign, a joint federal, state and territory health initiative. Tomorrow people focuses on how Aboriginal and Torres Strait Islander people can be healthier and live longer. The website has information about how people can improve their health by making a few simple changes to eating habits, and by being more active in daily life. This information includes:

- why is a healthy lifestyle so important?
- healthy eating is the key to a healthy life
- be a team player
- you can do it
- is your lifestyle damaging your health?
- health recipes for you and your mob
- diabetes
- our kids - our future
- 10 steps to a healthier you
- grog rules
- do you measure up?
- want to learn more?

There are posters and radio interviews with well-known Indigenous sports people and media personalities, and a booklet that promotes the messages on the website.

**When to use this resource:**

This resource package has been created to help Aboriginal and Torres Strait Islander people understand the importance of, and the way to a healthy lifestyle. The posters, with pictures of Rohanee Cox and Mark Olive, can be used to highlight the message that a healthy diet and regular physical activity can help lead to a healthy body. The radio interviews with other Indigenous media personalities can help to inspire people to be more healthy like their role models. The website contains information for people at all stages of life and includes recipes, and a recommendation for people to talk to their doctors.

**Producer:**

Australian Better Health Initiative, Canberra

**To order copies of this resource**

Not available in hardcopy. The booklet and posters can be downloaded and the advertorials and interviews can be viewed online at:

<http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/tomorrow+resources-lp>

**View website:**

Tomorrow people

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

