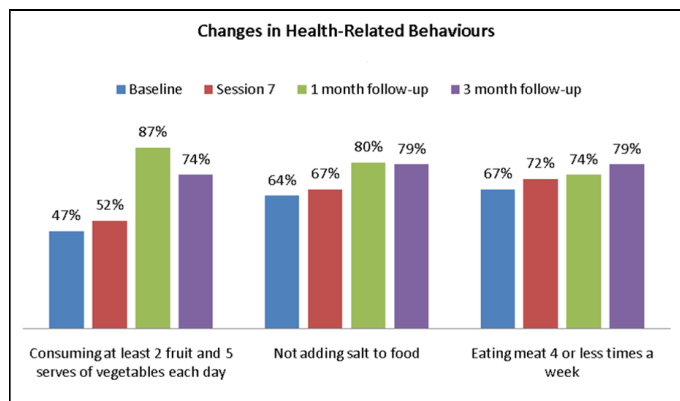
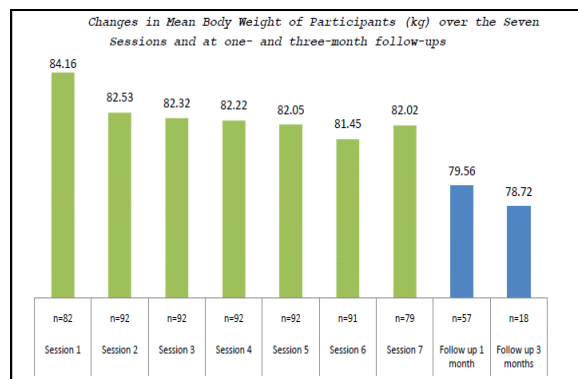
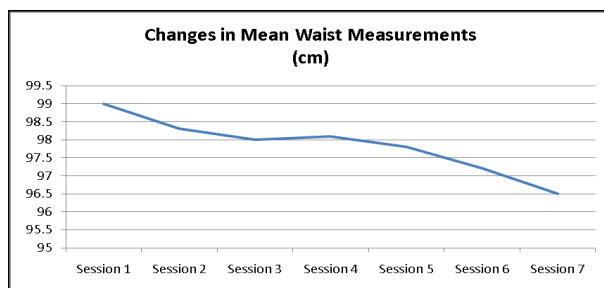


www.myhealthybalance.com.au

A free education program which encourages and supports healthy behaviour changes related to physical activity, healthy eating and healthy weight.



93% of participants acknowledged the 'lasting impact' My Healthy Balance has had on their lives.



Participants, on average, lost 1.5 kg over the duration of the program.

Statistically significant reductions in BMI and waist circumference measurements over the program.

27% increase in people eating 2 fruit and 5 serves of vegetables each day.

28% increase in people exercising for at least 30 minutes each day.

15% increase in people not adding salt to their foods.

14% increase in people consuming fish at least 3 times each week.

13% increase in people who consume low fat milk compared to full cream milk.

11% increase in people consuming 2 standard alcoholic drinks, or less, each day.

Participants who set goals in session 1 were significantly more likely to complete the entire program.

For more information contact Diabetes WA: Rhianna Muir on 9436 6241 or rhianna.muir@diabeteswa.com.au



Government of Western Australia
Department of Health



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