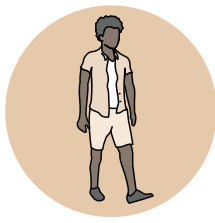


# STAY PHYSICALLY HEALTHY

Let's put looking after our physical health on our to do lists in 2023.

Here are some tips for things you can do to look after yourself:

Get your body moving for 20 minutes. You could:



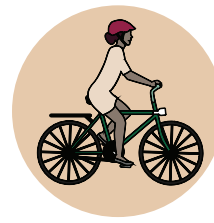
go for a walk



go for a swim

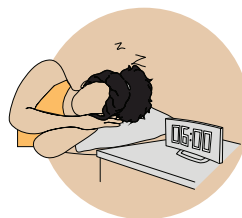


play a sport



ride a bike

Get a good night's sleep. Try going to bed and getting up at the same times each day



Keep your medical appointments

Eat a well-balanced diet



Drink plenty of water. If you're not used to drinking a lot of water, start with having a cup with breakfast, lunch, and dinner.

**HAVE A YARN WITH YOUR HEALTHCARE WORKER ABOUT HOW YOU CAN BE LOOKING AFTER YOUR PHYSICAL HEALTH.**

For more information, visit [www.health.gov.au](http://www.health.gov.au), or call 1800 020 080.