

## Moree celebrates Healthy Weight Week 24 - 31 January

There has never been a better time to get active and healthy than Australia's Healthy Weight Week which runs from 24-31 January.

During the week, the Barwon Division of General Practice is facilitating a number of seminars in Moree on healthy eating and lifestyle choices.

Barwon Division of General Practice Dietitian, Liz Hammell, says the forums will be a great chance for people to get the right information to start making positive and sustainable changes.

"It is the small choices we make every day that contribute to our overall health and wellbeing", Ms Hammell said.

"The seminars during Healthy Weight Week will focus on helping people to prepare meals that are both nutritious and delicious, to find ways to increase their activity levels and on making the right choices in the supermarket ", she said.

"Being fit and healthy is not about sticking to a restrictive diet or punishing yourself in the gym, it's about incorporating healthy foods and exercise into your everyday life.

"Simply making a few small changes such as choosing water instead of soft drinks or juices and moving more can drastically reduce a person's risk of developing a chronic disease such as diabetes or heart disease", she said.

The sessions are being held at the Barwon Division of General Practice offices from Wednesday to Friday of next week and are titled "Eating to Lose Weight and Feel Healthy", "Getting Active and Staying Active" and "A Dietitian's Guide to the Supermarket: how to choose healthy foods for you and your family".

The workshops will be facilitated by accredited Dietitians and an Exercise Physiologist and are free of charge.

To make a booking phone Liz or Debbie at the Barwon Division office on 6752 7196.

See also attached the timetable for the seminars.

*Media contact:*

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