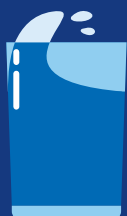


SPRING -INTO- HEALTH

Health and
Wellbeing
Booklet





Developed by:
[Centre for Population Health](#),
Western Sydney Local Health
District (2026)

CONTENTS

About Spring into Health - Library Health Month	4
--	----------



Children

5

Healthy eating for children

6

Getting active for children

9

Free NSW Health programs for children

11

Adults

13

Eating healthy for adults

14

Getting active for adults

28

Free NSW Health programs for adults

32

About SPRING -INTO- HEALTH Month



September is Library Health Month across Western Sydney.

Western Sydney Local Health District has partnered with libraries from Blacktown City, City of Parramatta, Cumberland City and The Hills Shire Councils to encourage library goers to eat healthy and be active every day.

During September, libraries will have activities and information to help you and your family be healthier. There is something for everyone. There will be talks, interactive sessions, pop-up booths and health giveaways at a library near you!

Libraries will also have information on FREE NSW Health programs for you and your family including, Get Healthy Service, Go4Fun and Healthy Ageing Online Learning.

This booklet is filled with ideas and tips on healthy eating and active living to support your health and wellbeing.

To find out what's running at your library visit their website or call today:

Blacktown City libraries
Ph: 9839 6000

City of Parramatta libraries
Ph: 1300 317 058

Cumberland libraries
Ph: 8757 9000

The Hills Shire libraries
Ph: 9843 0555

This section includes information on healthy eating and getting active for children, as well as free NSW Health programs available to support your family.

CHILDREN





Healthy eating for children

What children eat during childhood can influence their future eating habits and health. By giving children plenty of fruit and vegetables, we can help give them the best start for their growth and development.

Eat more vegetables and fruit

Vegetables and fruit taste great and keep us healthy.
Everyone should eat fruit and veggies every day.
Most kids eat fruit each day but they don't eat enough veggies.*

HOW MANY VEGETABLES SHOULD KIDS EAT EACH DAY?

2-3 Years **2½ Serves** 4-8 Years **4½ Serves** 9-18 Years **5 Serves**

A serve of vegetables and legumes/beans is:



½ cup
vegetables (fresh,
frozen or canned)



1 cup
green leafy vegetables



½ cup
legumes/beans/lentils



1 medium
tomato



8 vegetable sticks

These
count as a
vegetable
serve

HOW FRUIT SHOULD KIDS EAT EACH DAY?

2-3 Years **1 Serve** 4-8 Years **1½ Serves** 9-18 Years **2 Serves**

A serve of fruit is:



1 medium
(apple, banana,
orange or pear)



2 small
(apricots, kiwi fruit
or plums)



1 cup
diced or
canned fruit

TIPS TO HELP KIDS EAT VEGGIES

ADD TO EVERY MEAL

- Salad on sandwiches/wraps
- Offer cut up veggies as snacks
- Fill half the plate with veggies

ENCOURAGE YOUR CHILD

- Show them you like eating veggies too
- Add veggies to food they already like

Be positive and patient. It takes 10 to 15 times to like a new food

TRY A VARIETY

- Fresh, frozen, canned, raw or cooked
- Different colours
- Buy in season

*Australian Bureau of Statistics (National Health Survey, 2014-15)

**Recommended intakes have been rounded based on the Australian Dietary Guidelines (NHMRC, 2013).



Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

- vegetables • fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

TIPS TO PLAN HEALTHY SNACKS



Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



WHAT IS A HEALTHY SNACK?

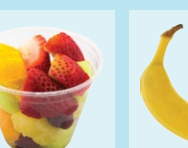
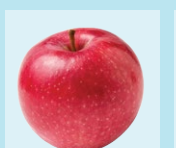
Include fresh foods & wholegrain varieties as snacks



*wholegrain rice crackers



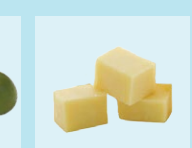
*vegetable pancake



*homemade popcorn, no added salt or butter



*hummus



*reduced fat cheese

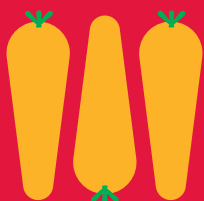


High fat and sugar snacks • no more than 1 a day • only a small serve



*rice bubble bar

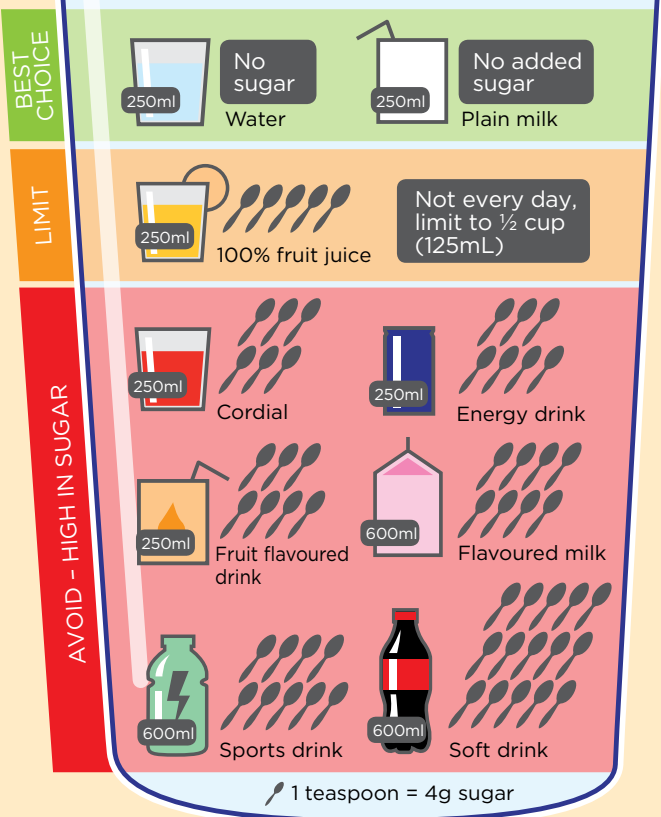
*fruit strap



Choose water as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH SUGAR IS IN DRINKS?



HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5
years

5 x 250ml glasses = 1.25 litres

6-12
years

6 x 250ml glasses = 1.5 litres

+
EXTRA WATER
IF YOU ARE
ACTIVE

TIPS TO HELP KIDS DRINK MORE WATER



Show them you like drinking water too



Drink water throughout the day



Take a bottle of water when you go out



Pack water with your child's lunch



Choose water as a drink when playing sport



Save money - don't buy sugar sweetened drinks





Getting active for children

There are so many reasons why children should get active like:

- It's fun!
- They can make friends
- It improves their concentration in the classroom
- It improves their mental health
- It improves their health and fitness

The most important thing is finding something they enjoy doing.

Find more information, tips and free programs on pages 9, 10, 11 and 12.

Get active each day

Being active helps us stay healthy. Find lots of ways to be active each day.

HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-2 years Preschoolers 3-5 years



School age 5-12 years



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)

TIPS TO GET KIDS ACTIVE

Babies need 30 minutes of tummy time each day. Encourage them to crawl.



Toddlers can walk instead of using a stroller



SCHOOL Walk, ride a bike or scooter to school



Choose toys that help kids move



Limit screen time each day. Choose active play instead



Encourage kids to try a range of sports



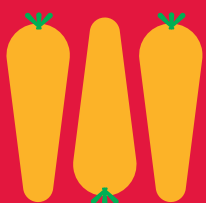
Look for lots of ways to be active each day



Show your kids you like being active too

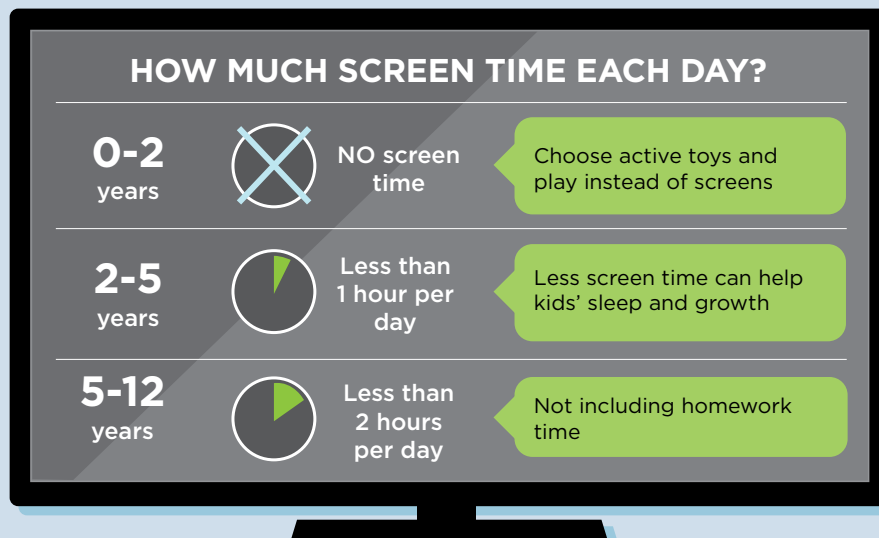


Outdoor play is best. Keep active indoors when it's hot or raining

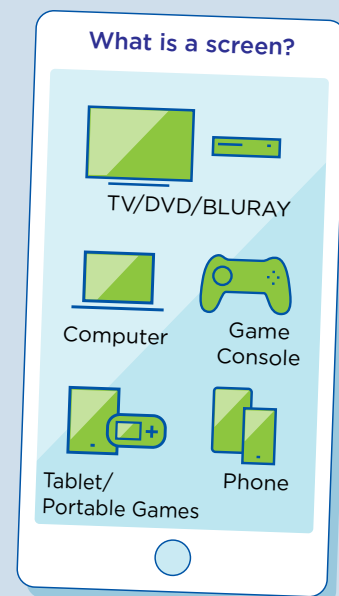


Turn off screens + get active

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

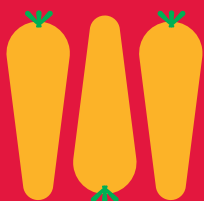


Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)



TIPS TO MANAGE SCREEN TIME

Eat together as a family. No screens at meals for parents and kids	Before screen time – sleep, play outdoors, read and enjoy family time	No screens in bedrooms, especially at night
Take toys or books instead of screens when going out	Monitor kids' screen time. Set limits if needed	Sit less. Move more. Move every hour
Help kids sleep. Stop using screens 1 hour before bed	Parents – be a good role model. Reduce your screen time too	Dance to music, or play video games that get you on your feet.





Free NSW health programs for children

Go4Fun Online

Free 10-week family healthy lifestyle program for NSW primary school-aged children.

Your family's health goals, your way.

What does Go4Fun Online include?

- 10 online sessions with weekly games and activities you can do in real life as a family
- A weekly call with your very own health coach
- Connecting with other Go4Fun Online families via the closed Facebook.

What do families like about Go4Fun Online?

- It is from the comfort of your own home
- It fits into busy family lives
- You create fun health goals you want your family to do together
- Small changes can help your family's mood and wellbeing.



Join Go4Fun Online now



go4funonline.com.au



1800 780 900



Go4Fun



ACTIVE KIDS VOUCHERS

NSW school aged children may be eligible for an Active and Creative Kids voucher. The vouchers can be used with a registered activity provider, to help cover costs towards sport, creative and cultural activities.

HOW TO CLAIM YOUR VOUCHERS



- 1 Visit **Service NSW** and login to your MyServiceNSW Account



- 2 Click on the Active Kids icon found in your SERVICE tab

Mary Sm |

- 3 Fill out the requested information (you will need your current Medicare card)



- 4 Print a copy of each voucher or email it to yourself

Visit [Active and Creative Kids voucher](#) for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS



- 1 Find a provider by visiting our website: **Active and Creative Kids voucher**
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

This section includes information on healthy eating and getting active, as well as free NSW Health programs available to support you.

ADULTS





Healthy eating for adults

Find out the basics of “everyday” foods and easy tips for adding these into your diet.



Drink one more glass of water today

Drinking plenty of water is an important part of staying healthy. For example, replace one drink that contains sugar – like a soft drink, juice or sports drink – with a glass of water each day. Take a look at our [life hacks for drinking more water](#).

Pack one healthy snack to take with you tomorrow

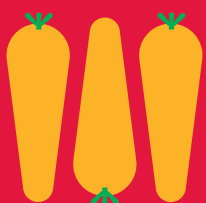
It's ok to snack, just snack on food that's actually going to make you feel stronger and healthier. One less sweet snack a day can make a difference to your health, so why not switch it with your favourite fresh fruit? Take a look at our [tips for healthy snacking](#).



Plan ahead for one dinner

Plan one night this week to cook at home. Learning one new [healthy recipe](#) and adding it to your routine can make a big difference to your weekly habits.

Check out our guide for how to [shop smart](#), [shop healthy](#) to help you write your shopping list.





Cut out one take-away meal from your week

Now that you've cooked your own dinner and packed your own snack, you can save money by skipping a take-away meal. Restaurant and take-away meals are typically too large and contain too much salt, saturated fat and sugar, and not enough vegetables and fibre.



Get smart with packaged food

Learn [how to read food labels](#) on packaged foods to check ingredients, kilojoules, portion size and other nutritional information.



Set your own personal goals

Use our [food calculator](#) as a guide for what to eat every day and start setting your own small, specific goals to get there.



QUICK BEEF STIR FRY

COOK TIME | 20 MIN FEEDS 4

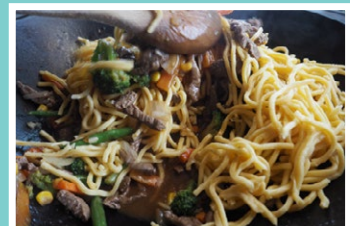
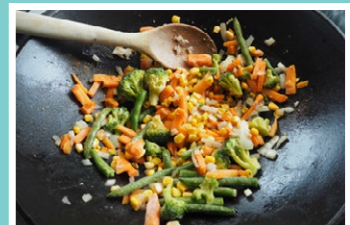
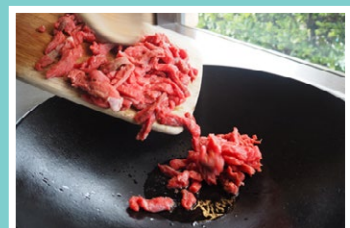
INGREDIENTS

1 x 270g packet Hokkien noodles
1 tablespoon canola oil
500g beef rump steak, fat trimmed, thinly sliced

2 cloves garlic, crushed
1 x 500g packet frozen stir-fry veg or fresh veg if preferred
2 tablespoons teriyaki marinade

METHOD

- 1** Prepare noodles according to packet instructions.
- 2** In a large non-stick frying pan, heat half the oil. Cook beef in 2 batches for 2-3 min until browned and set aside.
- 3** Reduce heat to medium-high, add remaining oil and cook garlic for 30 seconds. Add vegetables and stir fry until just tender.
- 4** Add beef to pan, add teriyaki marinade and toss to coat. Then toss in noodles.



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EASY CHICKEN PASTA

COOK TIME | 20 MIN FEEDS 4

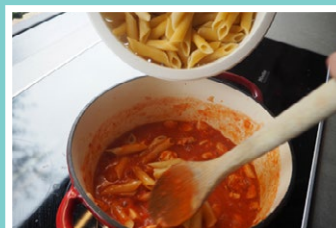
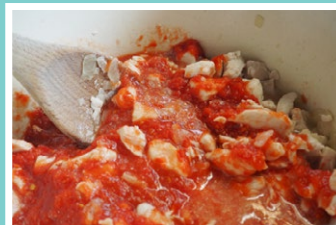
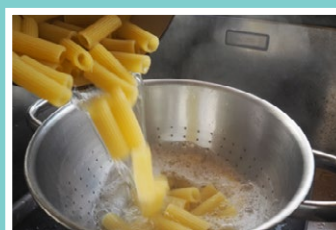
INGREDIENTS

1 x 500g packet short pasta (penne)
Canola oil spray
1 clove garlic, chopped
1/2 brown onion chopped
1 teaspoon of dried mixed herbs

2 x chicken breasts, diced into 1 inch pieces
1 x canned tomatoes
Parmesan cheese, to serve

METHOD

- 1** Cook pasta in a large pot of boiling water for 10-12 min until tender. Drain and reserve 1/4 cup of liquid.
- 2** Place a large non-stick pan on medium heat, lightly spray with oil, add garlic, onion and mixed herbs, cook until lightly browned. Add chicken. Cook for 5 min then add canned tomatoes and simmer.
- 3** Add drained pasta and reserved liquid to the sauce mix, toss to combine.
- 4** Serve with a sprinkle of Parmesan cheese.



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TASTY TACOS

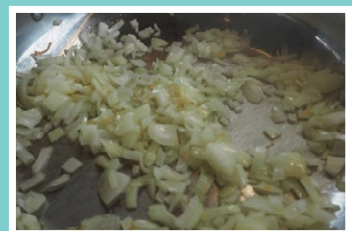
COOK TIME | 20 MIN FEEDS 4

INGREDIENTS

- | | |
|------------------------------|----------------------------------|
| 1 tablespoon olive oil | 2 tomatoes, diced |
| 1 brown onion, diced | 1 carrot, grated |
| 500g lean beef mince | 1/4 lettuce |
| 1 teaspoon dried mixed herbs | 1 cup reduced fat cheese, grated |
| 1 cup tomato passata | Wholemeal wraps |

METHOD

- 1** Heat oil in a large saucepan on medium heat. Cook onion until brown.
- 2** Add mince to onion mixture and brown for 5 min, stirring to break up large pieces. Add mixed herbs and passata. Simmer at low heat for 10 min.
- 3** Build your own tacos with mince, lettuce, tomatoes, carrots and cheese!



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CHICKEN SCHNITTY

COOK TIME | 20 MIN FEEDS 4

INGREDIENTS

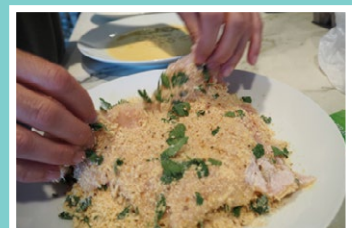
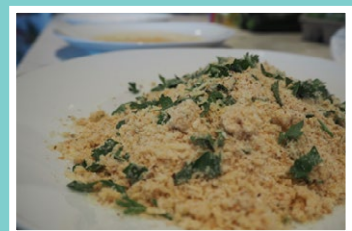
1 cup breadcrumbs
1/3 cup Parmesan cheese, grated
1 tablespoon lemon rind
2 tablespoons parsley, chopped

1 teaspoon garlic powder
1/2 cup plain flour
2 eggs
1 tablespoon milk
4 chicken breasts

Coleslaw packet mix
Coleslaw dressing or mix 1 tub light natural yoghurt with juice of 1 lemon and 1 teaspoon Dijon mustard

METHOD

- 1** Preheat oven to 220°C. Coat coleslaw vegetables with dressing and set aside to soften while preparing the chicken.
- 2** Combine breadcrumbs, Parmesan cheese, lemon rind, parsley and garlic on a plate. Place flour on another plate. Whisk egg and milk together in a large shallow bowl.
- 3** Using a rolling pin, pound each chicken breast between two sheets of plastic wrap until thin.
- 4** Coat each chicken breast in flour, shaking to remove excess. Dip in egg mixture and then coat in breadcrumb mixture.
- 5** Bake chicken in preheated oven for 5-7 min then flip chicken over. Bake for another 5-7 min until lightly browned. Serve with your Coleslaw.



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SIMPLE FRITTATA

COOK TIME | 20 MIN FEEDS 4

INGREDIENTS

2 tablespoons olive oil
1 brown onion, diced
3 slices reduced fat ham, sliced
200g white mushrooms, sliced
1 x punnet cherry tomatoes, halved

120g spinach
8 eggs
1/2 cup reduced fat cheese, grated

METHOD

1

Preheat grill on HIGH.

2

Heat oil in an overproof frypan on medium heat. Cook onion and ham, until browned. Add mushrooms and cook for 5 min. Add tomatoes and spinach. Reduce heat to low.

3

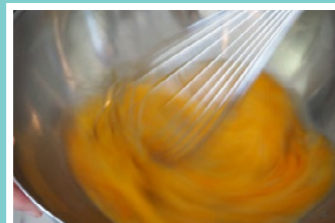
Whisk eggs and cheese together and add to pan. Spread egg over pan but do not stir the egg mixture.

4

Cook for 8-10 min on stovetop until almost set. Place under grill for 5 min until top is golden.

5

Stand for 2 min and then slide onto a plate. Slice into wedges and serve with garden salad, if desired.



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THAI CURRY WITH RICE

COOK TIME | 20 MIN FEEDS 4

INGREDIENTS

2 cups basmati rice, dry	2 x chicken breasts, diced into 1 inch pieces	To serve (optional): 1 x bunch fresh coriander, 1 x red chilli and 1 x lemon
1 tablespoon canola oil	1 cup frozen peas	
1/3 cup red curry paste	1 red capsicum, sliced	
400ml can light coconut milk	1 tablespoon fish sauce	

METHOD

1

To make rice, boil 2 cups of rice with 3 cups of water on high heat. Reduce heat and simmer, covered for 12 min or until liquid is absorbed. Turn off the heat and allow the rice to rest for 5 min. Then, fluff with a fork to separate grains.

2

While rice is cooking, heat oil in a large frying pan on medium heat. Add curry paste and cook for 1 min until aromatic. Then, add coconut milk and bring to the boil.

3

Add chicken and cook for 5 min. Then, add peas and capsicum. Cook until vegetables are tender and chicken is cooked. Stir in fish sauce.

4

Serve curry with rice. Top with chopped coriander, chopped chilli and a lemon wedge, if desired.



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ONE POT BEEF STEW

COOK TIME | 2 HRS FEEDS 4

INGREDIENTS

2 tablespoons
canola oil

500g beef chunk
casserole steak,
cut into chunks

1 brown onion, diced

3 tablespoons
tomato paste

1 tablespoons
plain flour

2 x beef stock cube
(made up with
2 cups water)

200g white cup
mushrooms, cut into
quarters

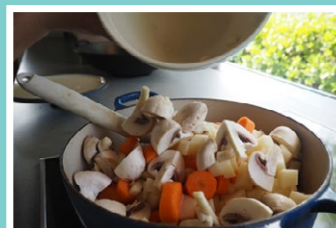
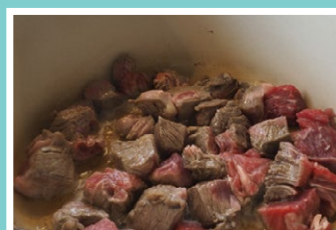
3 carrots,
thickly sliced

1kg potatoes, cut
into 4cm chunks

Fresh parsley,
chopped (optional)

METHOD

- 1** Heat half of the oil in a large saucepan over high heat and cook beef in batches until brown. Transfer to plate.
- 2** Reduce heat to medium, add remaining oil and cook onion until softened.
- 3** Stir in tomato paste and flour, and cook for 1 min. Add stock gradually, stirring constantly.
- 4** Return meat to the pan, cover and bring to the boil.
- 5** Reduce heat to very low and cook gently, covered, for 1 hour.
- 6** Add mushrooms, carrot and potato. Replace lid and cook for further 1 hour. Serve with fresh parsley.



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EASY SHEPHERD'S PIE

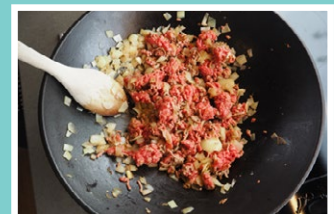
COOK TIME | 45 MIN FEEDS 4

INGREDIENTS

1kg potatoes, peeled, cut into chunks	500g lean beef mince	1 teaspoon dried mixed herbs
1/2 cup milk	2 tablespoons tomato paste	1 x beef stock cube (+1 cup water)
1 tablespoon canola oil	1 tablespoon Worcestershire sauce (optional)	1 cup reduced fat cheese, grated
1 brown onion, diced	1 x 500g bag frozen mixed vegetables	
2 cloves garlic, crushed		

METHOD

- 1** Cover potatoes with water in a large saucepan, bring to the boil over high heat, and cook for 10 min or until soft. When cooked, drain potatoes. Add milk and mash to combine.
- 2** Heat oil in a large saucepan on medium to high heat. Cook onion and garlic until softened.
- 3** Add mince to onion mixture and brown for 5 min, stirring to break up lumps. Mix in tomato paste, Worcestershire sauce (if available), frozen veg and mixed herbs.
- 4** Add stock and reduce heat to medium. Simmer, covered, for 15 min or until thickened slightly.
- 5** Preheat oven to 200°C. Spoon meat mixture into a 2L capacity ovenproof dish. Spread mash evenly over mince. Top with cheese. Bake for 10-15 min until golden.



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ROAST CHICKEN & VEG

COOK TIME | 1 HR 30 MIN FEEDS 4

INGREDIENTS

2kg whole chicken
1 lemon, roughly chopped
2 tablespoons canola oil
2 tablespoons dried mixed herbs
500g potatoes, chopped into chunks

3 medium carrots, thickly sliced
3 medium zucchinis, thickly sliced
4 cloves garlic, peeled

METHOD

1

Preheat oven to 200°C. Place chicken in a large roasting pan. Place lemon in chicken cavity. Tie chicken legs together with kitchen string.

2

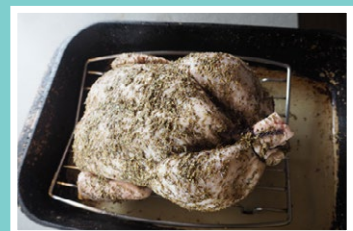
Drizzle chicken with oil and rub in dried herbs. Roast chicken for 40 min.

3

Add potatoes, carrot, zucchini and garlic to the pan. Roast for 40-50 min or until juices run clear and vegetables are tender.

4

Serve chicken and vegetables and pan juices.



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MOROCCAN SPICED CHICKEN WITH COUSCOUS

COOK TIME | 45 MIN FEEDS 4

INGREDIENTS

4 chicken thigh fillets, skin removed, boneless	2 cups stock or water	1 medium cucumber, diced
2 tablespoons canola oil	2 cups couscous	1/2 cup fresh parsley, chopped
2 tablespoons Moroccan seasoning	1/2 cup sultanas (or chopped apricots, currants, cranberries)	1/2 small red onion, diced
2 cloves garlic, crushed	1 medium tomato, diced	Juice of 1 lemon

METHOD

- 1 Preheat oven to 200°C. Arrange fillets evenly on an oven tray with baking paper.
- 2 Rub fillets with oil, Moroccan seasoning and crushed garlic. Bake for 20-30 min, or until cooked through.
- 3 Bring stock to a boil. Add couscous and stir. Cover with lid, remove from heat and leave for 5 min to absorb the liquid.
- 4 Fluff couscous with a fork. Add sultanas, tomato, cucumber, parsley, onion and lemon juice. Mix well until combined.



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ROAST VEG SALAD

COOK TIME | 40 MIN FEEDS 4

INGREDIENTS

1/2 butternut pumpkin, chopped into chunks

2 potatoes, chopped into chunks

1 capsicum, seeded, cut into large pieces

2 zucchinis, chopped into quarters

1 red onion, chopped into eighths

Canola oil cooking spray

1 x 200g packet reduced fat feta, crumbled

Dressing: juice of lemon + 2 cloves garlic, crushed

METHOD

1

Preheat oven to 220°C. Line a large oven tray with baking paper, you may need 2.

2

Spread pumpkin, potato, capsicum, zucchini and onion in a single layer on the tray(s).

3

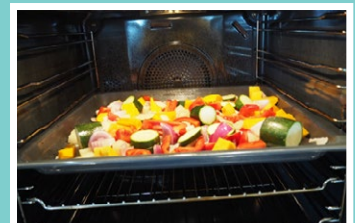
Lightly spray with oil. Season with salt and pepper to taste.

4

Bake for 30-40 min, turning occasionally.

5

When cooked, pour dressing over salad and sprinkle with crumbled feta.



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EASY MAC & CHEESE PASTA BAKE

COOK TIME | 45 MIN FEEDS 4

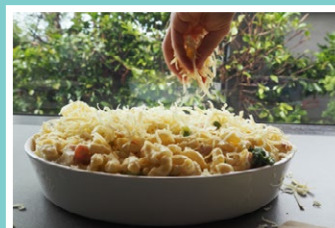
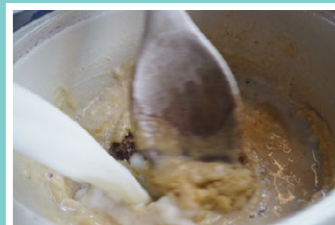
INGREDIENTS

1 x 500g packet Macaroni pasta
1 x 500g packet frozen cauliflower and broccoli
4 x slices ham, diced
60g margarine

1/3 cup plain white flour
2 1/2 cups reduced fat milk
2 cups reduced fat cheese, grated

METHOD

- 1** Preheat oven to 200°C. Boil pasta in a large saucepan for 10-12 mins or until tender. Add frozen cauliflower and broccoli in the last 2 min of cooking. Drain well.
- 2** While the pasta is cooking, heat a large non-stick frying pan and cook ham, stirring occasionally until crisp. Remove ham from pan. Add margarine to pan, once foaming add flour and stir for 5 min until mixture is combined and golden, with no lumps. Remove from heat and gradually add milk, stirring constantly. Bring back to heat and cook for 5 min or until the sauce boils and thickens. Turn off heat and add cheese.
- 3**
- 4** Stir macaroni, vegetables and ham into the sauce. Pour into a baking dish, sprinkle with remaining cheese and bake for 20 min until golden brown. Serve with garden salad.



February 2018 © NSW Health. SHPN (CPH) 180103.



Getting active for adults

We have busy lives which sometimes makes it hard to be active. But you can take small steps to start living a healthier and active life.



Add a 5 minute walk around the block during your lunch break or a 5 minute stretch

Break up long periods of sitting as often as possible. Sitting for many hours each day can affect your health in many ways, even if you are exercising daily. This includes time spent sitting in front of screens. [Read our tips to reduce screen time.](#)

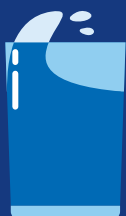
Try interval training

Your body will continue burning kilojoules (energy) for longer and you can achieve greater benefits. Try adding bursts of jogging to your usual walk or if you are already jogging try adding short sprints.



Get moving during the ad breaks

Try some [simple exercises](#) while you're watching TV – such as squats, standing repetitively onto your tippy toes, star jumps or marching high knees.



Walking in Western Sydney

Walking is the most popular exercise.

It is free, good for the mind, body and the environment, and can be done by most people. So try to walk every day!

Walking just 30 minutes each day can help you to feel fitter, healthier, happier. To achieve this, try aiming for a 30 minute walk or three 10 minute walks each day. Swap short car trips for walking.



TIPS for increasing walking in your day



Walk for travel

- Try swapping short car trips for walking
- Park further away from the shops, work, school or child care
- Take public transport



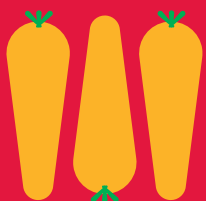
Walk with family or friends

- Start a walking challenge with your friends, family or colleagues
- Walk the dog more or offer to walk your neighbour's dog
- Join a walking group
- Walk around the oval while your child is playing sport
- Join a parkrun - free, weekly 5km walking or running events
- Take public transport



Walk at work

- Take the stairs instead of the lift
- Try a walking meeting with your colleagues
- Walk during your lunch break
- Walk to a toilet that's further away from your desk



Great places to walk in Western Sydney



NSW [Walks near me](#)

Western Sydney Parklands

[Get Back on Track](#)

Blacktown City

[Ashley Brown Reserve](#)

[Blacktown City](#)

[Blacktown parks and reserves with walking paths](#)

[Blacktown Showground](#)

[Brewongle Walkway](#)

[Federation Forest](#)

[International Peace Park](#)

[Nurragingy Reserve](#)

[Oppy Reserve](#)

[Plumpton Park](#)

[RAAF Memorial Park](#)

[The Ponds](#)

[Timbertop Reserve](#)

[Walking and jogging in Blacktown pocket guide](#)

[William Lawson Park](#)

[Woodcroft Lake Reserve](#)

City of Parramatta

[Walking Information and maps](#)

[Bushwalking in Parramatta](#)

Cumberland

[Parks and gardens](#)

[Playgrounds](#)

The Hills Shire

[Walks in the Hills](#)

[Upcoming walks](#)



MORE INFORMATION ABOUT WALKING IN WESTERN SYDNEY







Free NSW Health program for adults

(from 16 years)

Want to make healthier changes but need more support?

Get **FREE** telephone health coaching support 

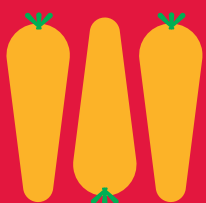


Sign up today

Call **1300 806 258** Monday - Friday / 8am - 8pm and Saturday 9am - 5pm
or visit **Get Healthy NSW**

Free **Interpreter services** available

Get Healthy Service





Age is no barrier to getting active

Find an exercise program near you.

Active and Healthy (NSW Health)

Free information:

- To stay independent and have better health
- Healthy eating
- Being active
- [Find an exercise program near you.](#)

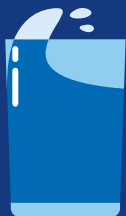
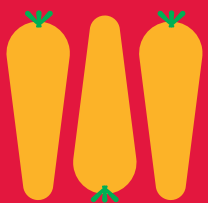
Learn at your own pace -

Free Healthy Ageing Online learning:

- Healthy eating
- Getting active
- Falls prevention

Access FREE falls prevention resources here:

- [Staying active and on your feet FREE booklet](#)
- [Falls prevention home exercises](#)



Supports to quit smoking or vaping

Here are some tips and services to get you started on your quit journey!

Benefits of quitting smoking or vaping

As soon as you quit smoking or vaping, your body starts to repair. Over time, your risk of cancer, lung disease and other serious illnesses will also reduce!

Products to help you quit

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) are products that can help you manage cravings or reduce how much you smoke or vape!

There are four types of NRT that can be purchased from a pharmacy or supermarket:

- Nicotine patches
- Nicotine gum
- Nicotine lozenge
- Nicotine mouth spray

You can even speak with your doctor to get subsidised NRT!

Free support services

There are many free support services that can help you on your quit journey, no matter what stage you are at!



Call the [NSW Quitline](https://www.quitline.nsw.gov.au) (13 7848) to speak with trained counsellors who can provide tips, advice and motivation to quit!



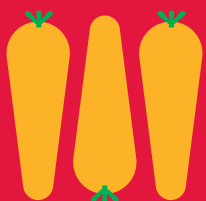
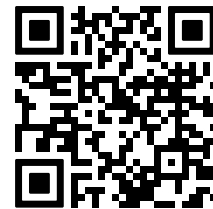
Download the [My QuitBuddy](#) (smoking) or [Pave](#) (vaping) app to set your quit goals and track your daily progress.

How to make a quit plan

- Pick a quit date
- Work out your triggers to smoke or vape
- Plan ways to cope with cravings
- Get support from friends or family
- Use NRT or support services

Tips to cope with cravings

Scan here for tips to cope with cravings!



Websites for more information

Healthy eating and physical activity

[Australian Dietary Guidelines \(eatforhealth.gov.au\)](https://eatforhealth.gov.au)

[Exercise Right workouts](#)

[Heart Foundation](#)

[Healthy Kids Western Sydney](#)

[Healthy lifestyle events \(Western Sydney Diabetes\)](#)

[Healthy Living NSW](#)

[Healthy lunchbox \(Cancer Council\)](#)

[Health Star Rating System](#)

[Live Life Get Active -
A fitter, healthier and happier Australia](#)

Local Councils sport and recreation:

[Blacktown City Council](#)

[City of Parramatta](#)

[Cumberland City Council](#)

[The Hills Shire Council](#)

[Translated healthy lifestyle factsheets](#)

[Walking in Western Sydney](#)

Recipes

[Fight Food Waste recipes \(OzHarvest\)](#)

[Healthy Eating Active Living - Healthy Recipes \(nsw.gov.au\)](#)

[Healthy eating with no money & no time](#)

[Healthy recipes \(Get Healthy NSW\)](#)

[Heart healthy recipes \(Heart Foundation\)](#)

[Quick, tasty and budget friendly meals
\(South East Sydney Local Health District\)](#)

Mental health and wellbeing

[Beyond Blue](#)

[Black Dog Institute](#)

[Ending Loneliness Directory](#)

[Headspace](#)

[Lifeline](#)

[Reach Out](#)

[Sane](#)



SPRING -INTO- HEALTH

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Western Sydney Local Health District

Phone 9840 3603 or

Email [WSLHD-HPLG@
health.nsw.gov.au](mailto:WSLHD-HPLG@health.nsw.gov.au)

