

Press Release

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Central Coast
Division of
General Practice



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Eat better move better feel better

“Eat better move better feel better” says Dr Phil Godden, Chair of The Central Coast Division of General Practice. This is the theme for Australia’s healthy weight week commencing January 24th, 2010.

Dr Godden said, “sixty two per cent or more than 13 million Australian adults are overweight or obese, and 25 per cent of Australian children are overweight or obese”.

Being overweight can and does lead to diabetes and chronic life threatening health conditions. Making a choice to act right now can open the door to improved mental/physical health and social functioning.

“Doing simple things like eating a well balanced diet of fruit and vegetables, having portion sized meals and being physically active for 30 minutes a day can significantly reduce your risk of type 2 diabetes” said Dr Godden

Your GP can help you get started and advise on the significant range of services and supports that can be provided for people who are overweight.

People can get free support from services such as the Get Healthy Information and Coaching Service (NSW Health 1300806258). The Get Healthy Information and Coaching Service is a free, confidential telephone service that helps people make lifestyle changes. Qualified **Get Healthy Coaches** will provide information and ongoing health coaching and support to help you achieve your health goals.

“See your local GP who can provide the latest advice and support for people wanting to make lifestyle improvements”, Dr Godden said.

See [//www.healthyweightweek.com.au](http://www.healthyweightweek.com.au) for more information

For Media Interviews contact Dr Phil Godden on 0425215840

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Authorised by: Mr. Bill Parker

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