



Let's Talk Health

7 November 2018

Resources – Optimise your health

Books

- *The Little book of Big Weight Loss* by Bernadette Fisers www.thatdietbook.com
- *Fat Lot of Good* by Dr. Peter Brukner www.fatlotofgood.com.au

Videos

- Sugar the bitter truth www.youtube.com/watch?v=dBnniua6-oM 90 mins
Robert Lustig, MD, 2009
- How to make diseases disappear <https://youtu.be/gaY4m00wXpw> 18.30 mins
Rangan Chatterjee, 2016
- What makes a good life? Lessons from the longest study on happiness, 13 mins
www.youtube.com/watch?v=gaY4m00wXpw Robert Waldinger, 2016

Websites

www.nutritionadvance.com

www.fatlotofgood.com.au - also resources like apps for mindfulness, eating, sleeping, exercising and giving up smoking

www.lifeprogram.org.au or call 137475

www.eatforhealth.gov.au

www.livelifter.com.au A campaign that encourages you to make changes to your food choices and to be more active. The website has a range of free tools and resources to support healthy changes including recipes and a meal and activity planner.

www.essa.org.au/for-gps/heal-program The healthy eating and Active lifestyle program provides education on healthy eating and physical activity.

www.knowyourcouncil.vic.gov.au Your local council can provide advice about the range of programs and services in your local area.

www.betterhealth.vic.gov.au/healthyliving/recipes

Lift for Life www.liftforlife.com.au is a resistance training program for people at risk of developing type 2 diabetes and other chronic conditions. There are 3, 8 week programs.

www.walking.heartfoundation.org.au for free community based walking groups.

www.cotavic.org.au/programs-events/strength-training/ The Living Longer Living stronger program is for people over the age of 50 years to improve their strength. Cost is around \$5. Call 1300135090

Supermarket shopping tours: Diabetes Victoria organises tours in metropolitan and regional Victoria. To make a booking call 1300 136 588

- Julia Berger <http://www.calmandconnection.com.au>
- Kristie Solar <http://yogospacegippsland.com.au>
- Tom Wheeler <https://www.reactivehighperformance.com>
- Sharee Johnson <http://www.shareejohnson.com.au>

