Change up the gears for better health

A healthy lifestyle is important for everyone. When we look after our health we feel better too – fitter, more relaxed and better able to cope with things.

Be proactive about your lifestyle and you'll be rapt with the results.

Tips for healthy living:

- **Sweat it out**: exercise for at least half an hour every day. Cull the boredom by getting your mates together for a game of cricket, footy or squash after work.

- **Cook up a storm.** Learning to cook easy meals at home not only saves you money, but helps you stay healthy. Try some lean meat on the BBQ, simple pastas and tasty salads as an alternative to take away.

- **Chill out**: going for a walk, catching up with mates, listening to music or a good book or movie all help. It's good to tell your mind and body they are 'off duty' and have a right to relax.

- **Limit the booze**. Alternate water or soft drink for every drink, or make sure you have at least a few days a week that are alcohol free.

- **Check it out.** Many health problems can be detected early or avoided if you get checked out regularly. If there are any aches, pains or worries, your GP can help work out what's going on.

- **Have a chat with a buddy:** whether you're stressed or worried about work or your personal life, make sure you have family, friends or a supervisor at work to talk to. This helps sort out problems and creates an outlet for any stress or anxiety that may crop up.

- **Reduce debt:** whether it's combining credit cards or lowering your personal loan, efforts to lower any debt (and money spent on interest rates) can help you keep on top of things.

- **Reward yourself** – feel good about the healthier habits you've developed by treating yourself to that watch, runners or gadget you've been wanting.