



Our recipe for healthy living Our recipe for healthy living includes 10 lifestyle factors additional to maintaining a healthy diet that offer an opportunity for positive, effective action that will impact on your health.

1. Get moving

Being able to exercise is a blessing. It can be a real joy to live in a body that is strong and full of energy. However, not all of us take to exercise easily. When we are out of shape, getting fit can seem like climbing a mountain. To get moving, follow these simple guidelines:

- Consider what form of exercise you enjoy ■ Build activity into the rhythm of your day
- Regular moderate exercise is the key

2. Breathe deeply

Breathing deeply is the quickest way to improve how you feel. Taking slow, full and rhythmic breaths triggers the 'relaxation response' in the parasympathetic nervous system, reducing the heart rate and calming the mind. Increased levels of oxygen can also help alleviate anxiety and depression. Yoga and yogic breathing exercises, T'ai Chi, qi gong, singing and meditation are ideal ways to improve breathing. A wonderful side-effect of improved breathing is a feeling of greater peace and calm.

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Daylight Savings Ends (NZ; NSW, ACT, VIC, SA, TAS, AUS)					Good Friday	
1	2	3	4	5	6	7
Easter Sunday	Easter Monday					
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	St George's Day		ANZAC Day			
22	23	24	25	26	27	28
29	30		March 2012 s m t w t f s 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2012 s m t w t f s 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<h1>April 2012</h1>	