

Be Active Every Day!!

A Message from the National Heart Foundation...

Being physically active is an important part of leading a healthy lifestyle and improving your heart health. Young or old, physical activity brings with it a range of significant benefits. And the good news is activity doesn't have to be vigorous – moderate activity, such as brisk walking, is great for your health! The Heart Foundation and other leading authorities recommend at least 30 minutes of moderate-intensity physical activity, such as brisk walking, on all or most days of the week. If 30 minutes is hard to find, try finding three 10-minute blocks a day! More information is available by following the links at: <http://www.heartfoundation.com.au>

...NWAH Study Staff...



Study co-ordination staff:

From left: Natasha & Janet (Study Co-ordinator)



Clinic staff:

*Back row: Marnie, Megan & Yvonne
Front row: Tina, Sandy (Clinic Co-ordinator) & Kylie (absent: Janet)*

Key Findings from Baseline Report continued...

Risk factors

Analyses of the self-reported and biomedical data showed that:

- 52.6% were engaging in sufficient physical activity;
- 31.0% were in the normal weight range;
- 63.9% did not have high cholesterol;
- 73.2% did not have high blood pressure;
- 75.6% were not current smokers; and
- 94% did not drink alcohol or had low alcohol risk.



*Wishing you and your family Seasons Greetings
and a Happy New Year ...*

... from the North West Adelaide Health Study Team

