

Mrs Baldacchino's daughter is training to be an Occupational Therapist. One of her assignments is to promote healthy lifestyle choices in a community. The school has been approached to put small articles developed by Occupational Therapy students in our newsletter.

Here's the first one.

HEALTHY HABITS

Welcome to the first newsletter edition of Healthy Habits. We are 5 Occupational Therapy Students from the University of Queensland and we are hoping to bring you some fun tips and tricks to feel great and live a healthy, happy life. Each fortnight this term, you will find us right here with a new topic to discuss and tips to share.

Family Exercise Tips:

- Always take the stairs → Make physical activity a part of daily life
- Plan a FREE active Family Activity each weekend
- Get outside → sunshine + no technology = happy family
- Embrace a healthy lifestyle → positive role model for your family
- Schedule a family walk every day (or walk your pet)
- Keep it Fun



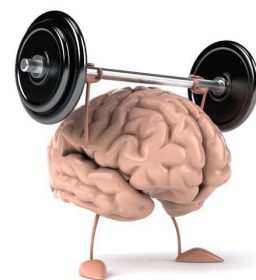
Tiggy
Build endurance!

Monkey Bars
Build strength!

Stuck in the Mud
Build flexibility!

Benefits

Improved physical and mental health
Better and longer sleep (increased quality and quantity)
Better able to handle challenges (more resilient)
Able to focus for longer (better brain function)



#SocialChangeOT

Follow us on Instagram: @cheapeatshealthytreats

Brought to you by Occupational Therapy Students from the University of Queensland.