

Get connected

Find the right fit for your healthy lifestyle. Get connected with the people, services, programs and support in your area.



Check out this snapshot of programs available across the Mount Alexander Shire. Do some research, ask questions, make a decision and get busy connecting your healthy lifestyle.

Get up and move

BE ACTIVE...Get up and move and keep the body strong and healthy. This helps to increase muscle and joint function, metabolism and reduces the likelihood of injury.

If a program suits your style, explore the wide range available through our local agencies.

Castlemaine District Community Health
Phone: 03 5479 1000
www.cdchcastlemaine.com.au

Community Rehabilitation Centre
Phone: 03 5471 1575
www.castlemainehealth.org.au

Maldon Hospital
Phone: 03 5475 2000
www.maldhosp.vic.gov.au

Mount Alexander Shire Council
Phone: 03 5471 1700
www.mountalexander.vic.gov.au

Castlemaine Community House
Phone: 03 5472 4842
www.cch.org.au

Maldon Neighbourhood Centre
Phone: 03 5475 2093
www.maldonnc.org.au

For more information, pick up a free Getting Out in Mount Alexander Healthy Active Living Guide from any of the organisations listed. The guide provides details on more than 100 healthy lifestyle programs across the shire. It highlights programs which are healthy, friendly, low cost and accessible to people of all ages and abilities.

Healthy food

KEEP LEARNING...Healthy food helps to control body weight and prevent illnesses like heart disease, diabetes and stroke.

Castlemaine District Community Health offers services to increase your understanding of diet and nutrition, including individual appointments, supermarket tours and weight management groups. These are provided by an accredited practicing dietician. Visit www.cdchcastlemaine.com.au to find out more.

Local markets are also a great way to enjoy affordable and nutritious foods.

Community gardens and community lunches are located in Maldon, Newstead and Castlemaine. They are an easy way to have fun, meet other people and enjoy some delicious fresh produce. They can also help to get two serves of fruit and five serves of vegetables into your day. For more information please contact any of the organisations listed in the 'Get up and move' section.

Walking

BE ACTIVE...Choose from the many local walking and cycling tracks and trails. Visit walkingmaps.com.au or the visitor information centre.

Walking or riding a bike with the kids to and from school is a great excuse to get out and about. Walking on your own is good exercise but walking with friends is social and enjoyable too. There are a range of walking groups supported by Castlemaine District Community Health which provide short, medium and long walks. Visit www.cdchcastlemaine.com.au

Cycling

Move more, sit less

Eat more fruit and vegetables Stay active
Walk to see a friend Keep learning
Drink plenty of water Get plenty of sleep
Be physically active for at least 60 minutes a day

Groups

CONNECT...Join in locally. Why not try:

- | | |
|-------------------|------------------------|
| Tai Chi Classes | Community Lunches |
| Cycling Groups | Historic Walking Tours |
| Heartmoves | Nordic Pole Walking |
| Walking Groups | Community Gardens |
| Strength Training | Cooking Programs |

Get out and about

TAKE NOTICE...Local parks and gardens are peaceful and scenic places to enjoy a range of activities or just to relax and read a book. Many link with walking tracks and there are plenty of places to enjoy a nice healthy picnic. Parents or grandparents, remember playgrounds provide fun and entertainment for the children. You can join in the fun or relax and enjoy watching. Playgrounds are located throughout Mount Alexander Shire.

GIVE....Why not become a volunteer and connect locally with your community.

FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing is a set of five simple, evidence based actions that can improve wellbeing in everyday life.

CONNECT...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

BE ACTIVE...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

TAKE NOTICE...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

See your doctor for advice, support and a medical check-up before you start any new physical activity program.

Find out more:

www.getconnectedlocally.com

www.lmmml.org.au

www.betterhealth.vic.gov.au

www.heartfoundation.org.au

www.health.vic.gov.au

www.mountalexander.vic.gov.au

www.diabetesvic.org.au

www.mentalhealth.gov.au

www.centralvicpcp.com.au