

bounce

BETTER HEALTH & WELLBEING

Bounce  
*into better*  
health &  
wellbeing.

Get the most out of life.

---

phn  
HUNTER NEW ENGLAND  
AND CENTRAL COAST  
An Australian Government Initiative

PRIMARY  
HEALTH  
NETWORK

# Starting *can be the* hardest part.

Maintaining a healthy weight is something most people struggle with at some point. Healthy bodies come in all shapes and sizes, so it's important to remember that we don't just measure health using weight on a scale. Being healthy is about giving your body the fuel it needs. A healthy weight is a weight that helps you get the most out of life and have a better quality of life.

Being a healthy weight can help you live longer, reduce your chances of developing chronic disease and help you get more out of life. Discussing the benefits of a healthy weight is part of routine care.

Speak with your primary health care professional about treatment goals that focus on improved health for yourself, your children, or your loved ones.



## PHYSICIAN DETAILS

**NOTES:**.....  
.....  
.....  
.....