

# Starting *a healthy* conversation.

Discussing the benefits of a healthy weight is part of the routine care of people who are overweight or obese or at risk of chronic disease.

Raising the issue of someone's weight status can be challenging and it can be hard to start these sensitive conversations.

Bounce Into Better Health and Wellbeing supports primary health care professionals to initiate conversations about healthy weight in a sensitive and non-stigmatising way. Having these conversations will help create opportunities for early intervention and disease prevention activities.

## General / Personal Goals

Do you have any general health concerns you would like to address today?

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How do you feel in your body at the moment?

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What does 'healthy weight' mean to you?

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Do you have any health-related goals for this year?

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What are some of your personal goals for this year and are there any health concerns that might influence them?

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## Healthy *Eating*

What does 'healthy eating' mean to you?

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I'd like to learn more about your eating habits. What kinds of foods and beverages do you eat and drink on a typical day?

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Do you eat only when you're hungry, or do you eat for other reasons as well, such as feeling stressed or bored?

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## Physical *Activity*

Do you enjoy physical activity? If not, tell me more about it.

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What kinds of activities do you enjoy? Do you like walking/seated aerobics/swimming? Do you prefer activities you can do alone, with someone else, or in a group?

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How much time do you spend sitting each day? Would you like to try to work some physical activity into your daily routine?

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For more resources visit  
[www.thephn.com.au/bounce](http://www.thephn.com.au/bounce)