

# 5 SIMPLE WAYS TO BETTER HEALTH AND WELLBEING



## connect

With those around you - with friends, family, neighbours and colleagues. Strengthening your relationships will enrich your life and give you social support.



## be active

Exercise gives you energy and makes you happier. Go for a walk or a swim or spend some time gardening. The more active you are, the more motivation you will have! Find what works for you.



## savour the moment

Be mindful of what's around you. Feel the wind on your skin or the warmth of the sun. Hear the birds chirping. Stop and smell the roses and reflect on the beauty around you — breathe.



## try something new

Is there something you've always wanted to try or learn but have never had the chance to explore? Sign up for that short course. Learn a new language or musical instrument. Achieving things you have a personal interest in is enjoyable and self-nourishing.



## give back

Smile more, thank more or just do something nice for somebody. Send happiness out and watch it come back in. Helping those in need is a valuable and rewarding experience.

HEALTH IS WEALTH 





# Mental Health Week

## Walk for Wellness

Thirty people gathered outside the Supreme Court on Monday 7 October at 6.45 am for the annual Walk for Wellness, led this year by the Hon Justice Judith Kelly.

With support from Law Society NT and Heart Foundation NT staff, along with the Darwin Walkers, the group walked briefly along the Esplanade and down the stairs towards the outdoor cinema, back along Jervois Rd, past Kitchener Bay and around the Convention Centre, up McMinn St and into Bennett St to finish at the Roma Bar on Cavenagh St.

Patty, the owner-manager of the Roma Bar, generously supported those participating in the walk with a complimentary coffee.

For those who like statistics, in doing this walk of almost 3.5km, participants burned 200 calories or 837 kilojoules and took 4900 steps.



## What's on earth is weighing me down? Breakfast CPD

On Thursday 10 October Darwin legal practitioners gathered at Oaks Elan on Woods St to hear Dr Richard Sager, who is the 'why and what for' of nutrition, present on the link between mental health and wellbeing, our gut and nutrition. He's passionate about all areas of good health, particularly the management of chronic diseases to improve the quality and longevity of the lives of his clients. His qualifications include a Bachelor of Health Science (Nutrition and Dietetics), a Master of Science and Doctorate of Public Health.

Richard is a senior Nutritional Biochemist with an extensive food and nutrition history and in 2008, founded Darwin Dietitians. Originally training as a Chef then studying to become a Dietitian, he combines these skills to provide clients tasty menu options when tailoring eating plans.

Before moving to Darwin, Richard worked in two of Australia's

leading health retreats, sharing his insights and concepts that some described as 'life changing'. His work at Darwin Dietitians includes seeing clients one-on-one for holistic consultations where he considers individual eating and activity patterns. Consultations include insight into clients' body composition, using InBody 720 to analyse their body composition and identify unseen visceral fat levels (even in 'skinny' people) for the purpose of getting clients to understand why they need to take action to prevent looming chronic disease so they can live a longer, healthier and happier life.

We now know that gut health affects brain health and people's wellbeing. This CPD allowed members to gain a greater understanding of how their body works and the role nutrition, food choices, lifestyle and environmental factors, as well as the need for good sleep, can improve the quality of their life and their work performance during throughout the day. ■

