

## Healthy Links

A QUICK SURF OF ON-LINE HEALTHY WEGHT & PHYSICAL ACTIVITY INFORMATION

&ldquo;Food For Health: Dietary Guidelines for Australians&rdquo; - Department of Health and Ageing, 2005.

Why Be Active? - [beactive.com.au](http://beactive.com.au)

Tips for becoming active without spending money - [beactive.com.au](http://beactive.com.au)

The formula for healthy eating - [www.gofor2&5.com.au](http://www.gofor2&5.com.au)

Body Mass Indicator (BMI) calculator - Mayo Clinic