

By yarning with parents in Cherbourg, we've learned that their happiness and feeling good about themselves is connected to their physical health.

As parents and carers, we want to be healthy and fit enough to enjoy playing with our gundoos and be around for them as they grow up.

To do that, a lot of parents have realised that it's important to live a healthy lifestyle, which means eating healthy foods, being active, and not smoking.

Eating healthy means having at least five serves of fruit and veggies every day. To stay in shape and feel good, try to get at least 60 minutes of exercise every day, both for yourself and your children. Do some fun things together like going for a bush walk or playing some footy.

Having support from our family and friends, and access to local health services, can help us make healthy choices and avoid unhealthy habits like smoking, alcohol, and drugs. Having problems with alcohol and drugs doesn't just affect our own health, it affects our children too. Getting help is important for everyone.

If your habits are getting in the way of your relationships or the things you want to do, it's time to talk to someone you trust. You can reach out to your local services to get support to start making some changes.

Physical health

As Uncle Eric says:

"Have a go at it. Don't care if you fall over, pick yourself up and have another go'. But again, there's people around to help."

If you want to develop a healthy habit, start by thinking about why you want to make changes, like having the energy to keep up with your little ones.

Then, set a small goal, like getting out of the house for a walk each day. Make a clear plan - like walking to and from school tomorrow. And don't forget to reward yourself for your progress, like spending some time yarning with a friend.

It's also important to take care of your body and your health by getting regular check-ups. Chronic health issues are common in our communities, and some of these are passed down through families. By seeking help early you can prevent problems from getting worse.

So why not make an appointment for a health check-up? You can also access other social and emotional wellbeing services like AODS, support for quitting smoking, chronic disease clinic, and parenting programs.

Remember, taking care of your body is the key to living your best life and being there for your loved ones.