

What else can you do to look after yourself?

Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

Be more active

- Aim to be physically active for at least 30 minutes every day walking is a great way to start
- You should be puffing a bit and break a sweat, but still able to talk

- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

ccCHiP

Clinical Sciences Building
20 Hospital Road
Concord NSW 2139

Tel: 02 9767 6027

Fax: 02 9767 7107

Online:

www.ccchip.clinic

Email:

referrals@ccchip.clinic

Audio Visual Services 80302

ccCHiP



Overweight and Obesity Information Booklet

Overweight and Obesity

Being overweight

Carrying extra weight, especially around the stomach, is a major risk factor for heart disease, diabetes, musculoskeletal conditions and some cancers.

As weight increases, so does the risk of all these conditions.

There is no
'Physical' health
There is no
'Mental' health
There is only
Health

Causes of overweight and obesity

There are many factors that influence weight. Most of the time it is the amount of energy we take in (such as food and drink) versus the energy we use up (exercise and physical activity). However, there are also other factors that contribute to weight gain as well, such as:

- The cost – healthy foods are sometimes more expensive
- Your family is also overweight
- Lack of energy
- How you are feeling mentally and
- Some antipsychotic and other appetite stimulating medications.

What you can do

Did you know that even a modest loss of weight can bring benefits? Just losing 5% – 10% of your body weight may help to reduce some of the risk of heart attack, diabetes and musculoskeletal problems (for example – being overweight is a big stress on your knees). Feeling better in yourself may also assist you in sticking with a healthy lifestyle.



Talk to a Dietitian and Exercise Physiologist.

The people at the ccCHIIP Clinic work specifically with people with mental illness. They are also familiar with the medications that are prescribed for you and some of the barriers that may make it difficult for you to lose weight.

Also, your General Practitioner (GP) or medical centre may also be able to refer you to a Dietitian and Exercise Physiologist to assist you in working towards a goal.

My weight goal is:
_____ **KG**

Things to look out for

If you notice rapid weight gain on your medications, please let your health professional know.

Under no circumstances should you stop taking your medications as you can become unwell very quickly.

