



Brandon mother and grandmother Judy Scarabel has a fairly active job and you will rarely find her 'sitting at home'. Yet she admits that there is room for improvement in her health.

With the support of our Allied Health Service, Judy is well on her way to improving her health and keeping up with her growing granddaughter.

"I know I should keep active and eat well, but sometimes it's hard to fit it all in. By the end of the day I've usually run out of puff," Judy says.

"I have a six-month old granddaughter that I want to be able to keep up with. I feel better already knowing that I have taken the first step to improving my health."

Judy has signed up for *My health for life*, a free program offered in Townsville by Northern Australia Primary Health.

*My health for life* is a healthy lifestyle program designed to help people get their health back on track. It is delivered by qualified health professionals and is personalised and flexible.

The busy Carer says the program style suited her. "I signed up for the program because I'd like to learn some tips and tricks to improve my health that I can do in my own time," Judy says.

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“I like the idea of a group going through it together. You’re not on your own. It gives you more motivation when you’re with other people.”

Exercise Physiologist, Alex Bennett says the program focuses on teaching you the skills to help get you going, rather than just telling you what you should be doing better.

“*My health for life* can help you reduce your risk of developing a chronic disease, such as type 2 diabetes, heart disease and stroke. Even small lifestyle changes can have major health benefits,” Alex says.

“The program isn’t only for people wanting to lose weight. Just like Judy wanting to stay well for her granddaughter, everyone has their own reasons for improving their health.

“We’re really excited to see how Judy and the other program participants progress over the next six months.”

This is just one way in which Northern Australia Primary Health Limited is meeting its vision of a healthier future for all North Queenslanders.

**For more information and to check if you are eligible for this free program, visit [www.naphl.com.au/myhealthforlife](http://www.naphl.com.au/myhealthforlife).**



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