

- Set small goals. Meet up with a friend and go for a walk.

Be patient, it won't happen overnight! It's all about commitment!

## Getting ready to make a change?

Set yourself small goals that you can achieve and plan these over the next six weeks.

Remember slow and steady wins the race.

To help you on your journey write down:

- What you do each day.
- What you eat each day.
- What you want to achieve in six weeks.



For further information regarding the I'm Moordidjabinj – Becoming Strong program and to register your interest in a program in your area contact the Metropolitan Aboriginal Community Programs on 9224 3778 or 9224 1981, or email [EMHS.HealthyLifestylePrograms@health.wa.gov.au](mailto:EMHS.HealthyLifestylePrograms@health.wa.gov.au)

### Healthy People, Amazing Care Koorda Moort, Moorditj Kwabadak

*We respectfully acknowledge the past and present traditional owners of this land, the Wadjuk people of the Noongar Nation.*

**Note:** The use of the term "Aboriginal" within this document refers to Australians of both Aboriginal and Torres Strait Islander descent. Artwork painted by Charmaine Wilson, Port Augusta, SA. Artwork commissioned by Pika Wiya Health Service for the LIFE Program. Character illustrations by Patrick Bayly Workspace Design.

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Government of Western Australia  
East Metropolitan Health Service



## I'm Moordidjabinj (Becoming strong)

six week program



I'm Moordidjabinj – Becoming Strong was implemented to support and provide you with information on giving up smoking, living improvements, women's health and men's health.

You will receive support and encouragement on healthy eating and the importance of taking care of your health through exercise, workshops and education from the Living Improvements For Everyone (LIFE) team.

At every weekly session participants will:

- weigh-in and record measurements in your personal handbook/folder
- take part in an exercise session with an exercise physiologist to support your motivation and goals
- participate in a cooking class (you choose what you cook at each session). On completion of the course you will receive incentives to continue your health journey.



## You will be Moorditj!

Becoming a healthier person and making healthier choices is a journey and a learning process. Think of this process as a new beginning – a process of change.

You will be taking the best possible step by deciding to participate in I'm Moordidjabinj – Becoming Strong program.

Making changes to your lifestyle is possibly one of the hardest things to do, and it will be tough. Don't let that stop you from trying!

You will get some helpful ideas and tips, great support and information on how to make positive changes for good.



## Stay focused

There are many ways to achieve a goal and by making small changes each day this can have a long lasting effect. Think about your goal/s over the next six weeks e.g. How do you want to feel by the end of this time?

Six weeks to look good, feel great to make positive changes in your life.

It's the little things that can make a big difference

- Housework counts. If you can't leave the house to do exercises do something extra around the house each day.
- Avoid temptation. Try not to buy things like biscuits or chocolate and you won't be tempted to snack.
- Swap a big meal for a smaller meal.
- Eat slowly and drink a glass of water with your meal so you feel fuller.
- If you want fast food choose salads with dressing on the side, potatoes instead of fries, milk or water instead of soft drink, and yoghurt instead of ice-cream.
- Swap fried food for baked or fresh, and take-away food for home-made.

