

### Physical Activity and Sedentary Behaviour Guidelines

GUIDELINE	HOW THEY ARE DEVELOPED	SOURCE	RESOURCES FOR WORKPLACES
<ul style="list-style-type: none"> <li>• Be active on most, preferably all days every week</li> <li>• 150 to 300 minutes (2½ to 5 hours) of moderate intensity or 75 to 150 minutes (1¼ – 2½) hours of vigorous activity or a combination of both each week</li> <li>• Muscle strengthening activities at least 2 days a week</li> <li>• Minimise long periods of sitting</li> <li>• Break up long periods of sitting as often as possible</li> </ul> <p style="text-align: right;"><i>See website for specific guidelines for children</i></p>	<p>A rigorous evidence review process that considered the relationship between both physical activity and sedentary behaviour and corresponding health outcomes</p> <p style="text-align: right;"><i>Last updated 2014</i></p>	<p>Australian Government <a href="http://www.health.gov.au/internet/main/publi/hing.nsf/content/health-pubhlth-strateg-phys-act-guidelines">http://www.health.gov.au/internet/main/publi/hing.nsf/content/health-pubhlth-strateg-phys-act-guidelines</a></p>	<ul style="list-style-type: none"> <li>• Exercise is Medicine <a href="http://www.exerciseismedicine.org.au">www.exerciseismedicine.org.au</a></li> <li>• Active Ageing Australia <a href="http://www.activeageingaustralia.com.au">www.activeageingaustralia.com.au</a></li> </ul>

### Guide to Healthy Eating

GUIDELINE	HOW THEY ARE DEVELOPED	SOURCE	RESOURCES FOR WORKPLACES
<ul style="list-style-type: none"> <li>• Be physically active and choose nutritious food and drinks to meet your energy needs</li> <li>• Enjoy a wide variety of nutritious foods from these 5 food groups every day; vegetables, fruit, grain, lean meats/legumes, dairy; and drink plenty of water</li> <li>• Limit intake of foods containing saturated fat, added salt, added sugars and alcohol</li> <li>• Encourage, support and promote breastfeeding</li> <li>• Care for your food; prepare and store it safely</li> </ul> <p style="text-align: right;"><i>See website for infant feeding guidelines</i></p>	<p>The National Health &amp; Medical Research Centre revises the guidelines. A team of nutrition and medical experts reviewed and analysed over 55,000 scientific journal articles. This analysis was added to the evidence that is still relevant from the 2003 review.</p> <p style="text-align: right;"><i>Last updated 2014</i></p>	<p>Australian Government <a href="http://www.eatforhealth.gov.au">www.eatforhealth.gov.au</a></p>	<ul style="list-style-type: none"> <li>• SACOSS Healthy Workers Healthy Futures <a href="http://www.sacoss.org.au/healthy-workers-healthy-futures">http://www.sacoss.org.au/healthy-workers-healthy-futures</a></li> <li>• Healthy Eating Local Policies &amp; Programs <a href="http://www.flinders.edu.au/sohs/sites/help/">http://www.flinders.edu.au/sohs/sites/help/</a></li> </ul>

Alcohol Guidelines			
GUIDELINE	HOW THEY ARE DEVELOPED	SOURCE	RESOURCES FOR WORKPLACES
<p><b>Alcohol Guidelines</b></p> <ul style="list-style-type: none"> <li>• For healthy men and women, no more than two standard drinks a day reduces the risk of harm from alcohol-related disease or injury over a lifetime</li> <li>• No more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion</li> <li>• For children and young people under 18 years of age, not drinking alcohol is the safest option               <ul style="list-style-type: none"> <li>• Children under 15 are at the greatest risk of harm from drinking and not drinking alcohol is especially important</li> <li>• For young people aged 15–17 yr, the safest option is to delay initiation of drinking as long as possible</li> </ul> </li> <li>• Maternal alcohol consumption can harm the developing foetus or breastfeeding baby               <ul style="list-style-type: none"> <li>• For women who are pregnant or planning a pregnancy, not drinking is the safest option</li> <li>• For women who are breastfeeding, not drinking is the safest option</li> </ul> </li> </ul>	<p>Based on review of evidence by the National Health &amp; Medical Research Council.</p> <p><i>Last updated 2009</i></p>	<p>Australian Government <a href="http://www.alcohol.gov.au">www.alcohol.gov.au</a></p>	<ul style="list-style-type: none"> <li>• SACOSS Healthy Workers Healthy Futures <a href="http://www.sacoss.org.au/healthy-workers-healthy-futures">http://www.sacoss.org.au/healthy-workers-healthy-futures</a></li> <li>• ComCare <a href="http://www.comcare.gov.au/prevention/hazards/psychosocial_hazards/alcohol">http://www.comcare.gov.au/prevention/hazards/psychosocial_hazards/alcohol</a></li> </ul>
Smoking			
GUIDELINE	HOW THEY ARE DEVELOPED	SOURCE	RESOURCES FOR WORKPLACES
<p>Smoking tobacco is recognised as one of the largest preventable causes of death and disease in Australia. 100% smoke free is considered best practice for workplaces.</p>		<p>Australian Government <a href="http://www.quitnow.gov.au">www.quitnow.gov.au</a></p>	<ul style="list-style-type: none"> <li>• Tobacco resources <a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/tobacco-res">http://www.health.gov.au/internet/main/publishing.nsf/Content/tobacco-res</a></li> </ul>