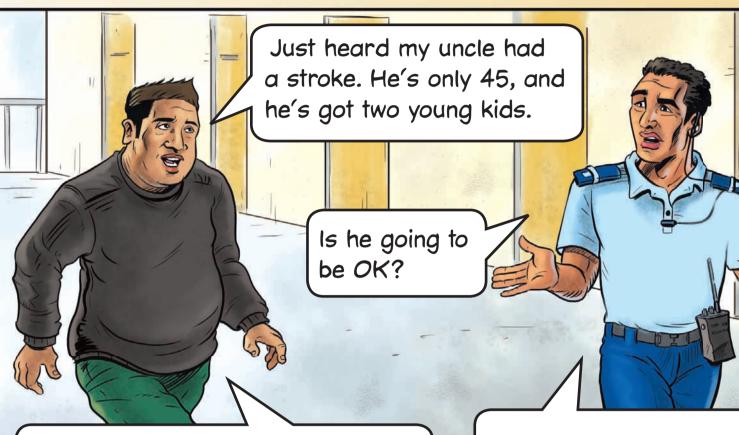
Why do I need to be a healthy weight?







Yep, but he's had a fright. He has to start looking after himself - quit smoking, lose weight and stuff.

What about you? You stopped smoking, but you need to lose some weight. Yeah, but I can't do much about it in here. Yes you can. And you need to. Being overweight makes you at risk of heart attacks, strokes, diabetes and other illnesses.





Stick to your own meals. And I'll give you information about healthy food so you can make good choices about the food you buy.

I'm getting my weight under control. I feel heaps better, and I'm not so worried about getting sick.

Why do I need to be a healthy weight?

Being overweight can lead to heart attacks, strokes, diabetes and other illnesses.

How can I manage my weight in prison?

- · Put in a health request form (health chit) to see a nurse about your weight.
- Stick to the meals you are given. Don't
 You can exercise in your cell space. eat other people's leftovers.
- Make good choices about the food you buy (on your P119 purchases). The nurse can help you learn about good choices.
- · Be active every day. If you only get a short time to exercise, make it count.
- Ask custody to get someone to help you work out an exercise plan.
- · If you are going home soon, learn about what you can do to manage your weight at home.





