



Be Medically Aware

January & February 2026

Healthy Lifestyle & Prevention

- Nutrition
- Physical Activity
- Preventive Health Checks

Health Management Plans

- Chronic Disease Care
- Allied Health Coordination



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Crookwell & Taralga

Healthy Lifestyle & Prevention

Small steps today for better health tomorrow

Why prevention matters

Many common health conditions can be prevented or delayed through healthy lifestyle choices and regular health checks. Prevention reduces the risk of heart disease, stroke, diabetes, cancer, chronic lung disease and osteoporosis.

Eat well

Choose plenty of vegetables and fruit, wholegrains, lean proteins and water as your main drink. Limit salt, sugar and saturated fats.

Stay active

Aim for at least 150 minutes of moderate physical activity each week, plus muscle-strengthening activities on two or more days.

Avoid smoking & reduce alcohol

Quitting smoking is one of the best things you can do for your health. Reducing alcohol lowers cancer, liver and heart risks. Support is available — NSW Quitline 13 78 48.

Sleep & mental wellbeing

Aim for 7–9 hours of sleep per night. Manage stress through exercise, relaxation and social connection.

Preventive health checks

Your GP may recommend blood pressure checks, cholesterol and diabetes testing, cancer screening, immunisations, and health assessments or care plans.



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Physical Activity

Move more, sit less, feel better

Why activity matters

Regular physical activity reduces the risk of heart disease, stroke, diabetes, some cancers, and improves mental health.

How much is enough

Aim for at least 150 minutes of moderate activity each week, plus muscle strengthening on two or more days.

Everyday movement

Walking, gardening, housework and active transport all count.

Older adults

Balance and strength exercises help prevent falls and maintain independence.



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Healthy Eating

Nourish your body for long-term health

Balanced nutrition

A healthy diet supports heart health, weight management, immunity and energy levels.

What to eat

Enjoy vegetables, fruit, wholegrains, lean proteins and healthy fats.

What to limit

Reduce salt, sugar, saturated fat and highly processed foods.

Hydration

Water should be your main drink throughout the day.



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Smoking & Alcohol Reduction

Support for healthier choices

Smoking

Quitting smoking greatly reduces the risk of heart disease, lung disease, stroke and cancer.

Alcohol

Reducing alcohol lowers the risk of cancer, liver disease and mental health problems.

Support

Help is available through your GP and NSW Quitline 13 78 48.

Please ask reception if you are due for a health check or screening
ThriveGP Medical Practice



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Sleep & Mental Wellbeing

Rest, resilience and balance

Sleep health

Most adults need 7-9 hours of quality sleep each night for physical and mental health.

Mental wellbeing

Regular activity, social connection and stress management support good mental health.

When to seek help

Speak to your GP if sleep or mood concerns are affecting daily life.