



Healthy Living Resources

Wellbeing SA together with the Commonwealth Government provides a variety of Healthy Living resources to South Australian health professionals, community service providers and the public.



The Healthy Living resources in this document can be downloaded in a digital form by clicking on the resource picture or printed copies can be ordered for free.



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How to order resources?

You must be registered with **Templar Distribution** to place a printed or digital download order by following the steps below.

Step 1 Register by emailing admin@templarsa.com.au

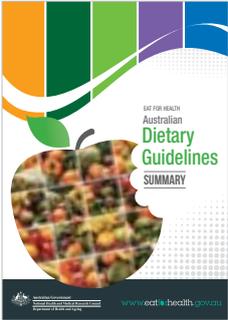
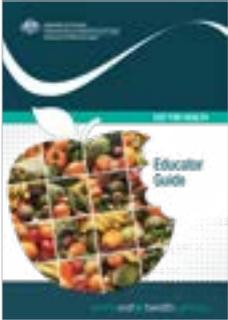
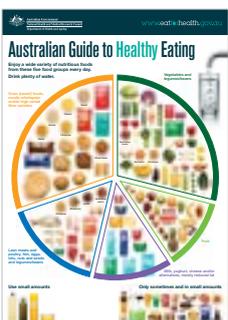
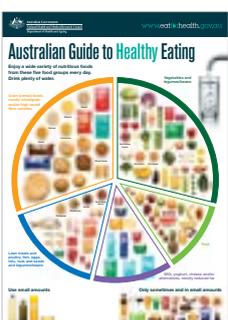
Step 2 Once you have registered, go to: templarsa.com.au
Log in and click on **Place/View Orders** to proceed with your order request.

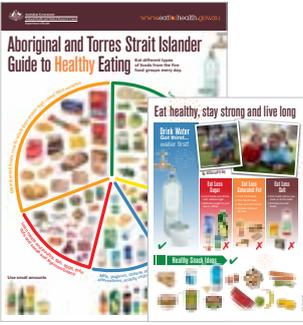
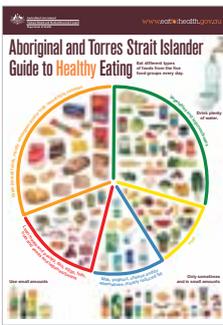
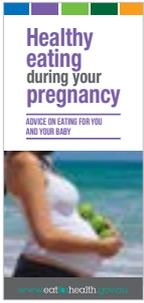


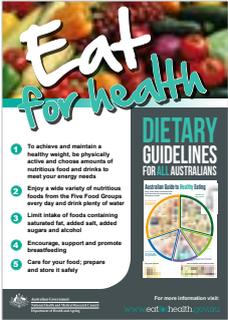
For any enquiries about the resources, please contact us at:
WellbeingSAHealthyLivingResources@sa.gov.au

Healthy Eating

Additional Australian Dietary Guidelines resources are available to download from eatforhealth.gov.au/guidelines

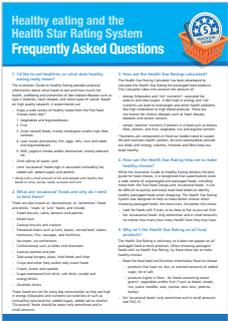
Download	Resource	Type	Qty: Min/Max
	Eat for Health – Australian Dietary Guidelines Summary	Book (25 pages)	1 / 2
	Eat for Health - Educator Guide	Book (54 pages)	1 / 2
	Eat for Health - Infant Feeding Guidelines Book	Book	1 / 2
	Australian Guide to Healthy Eating	A4 Poster & A3 Poster	5 / 15
	Australian Guide to Healthy Eating	A1 Poster	1 / 15

	<p>Aboriginal and Torres Strait Islander Guide to Healthy Eating</p>	<p>A4 Poster (2 pages)</p>	<p>5 / 20</p>
	<p>Aboriginal and Torres Strait Islander Guide to Healthy Eating</p>	<p>A3 Poster & A1 Poster</p>	<p>5 / 20 1 / 20</p>
	<p>Giving Your Baby the Best Start</p>	<p>Brochure</p>	<p>10 / 100</p>
	<p>Healthy Eating for Children</p>	<p>Brochure</p>	<p>20 / 100</p>
	<p>Healthy Eating for Adults</p>	<p>Brochure</p>	<p>20 / 100</p>
	<p>Healthy Eating During Your Pregnancy</p>	<p>Brochure</p>	<p>20 / 100</p>

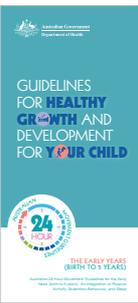
	Eat for Health	A3 Poster & A2 Poster	1 / 20 1 / 15
	Eat for Health – Indigenous	A2 Poster	1 / 20
	Healthy Food Fast Cookbooks	A4 Book	1 / 1
	<i>*Not available for download</i>		

Health Star Rating

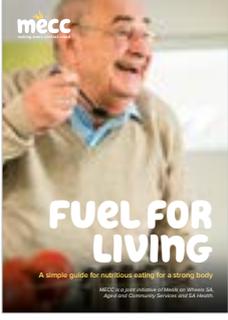
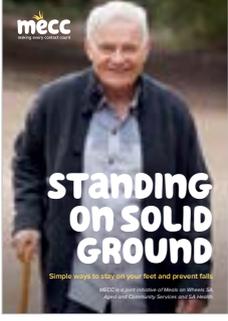
Download	Resource	Type	Qty: Min/Max
	The Health Star Rating System - What You Need to Know	Fact Sheet (2 pages)	20 / 100
	Healthy Eating and the Health Star Rating System - What You Need to Know	Fact Sheet (2 pages)	20 / 100

	<p>Healthy Eating and the Health Star Rating System - Frequently Asked Questions Fact Sheet</p>	<p>Fact Sheet</p>	<p>20 / 100</p>
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Exercise and Physical Activity

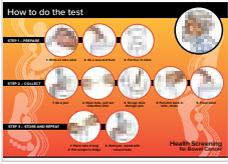
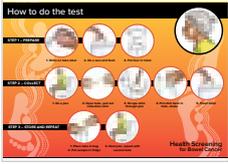
Download	Resource	Type	Qty: Min/Max
	<p>Australia's Physical Activity and Sedentary Behaviour Guidelines for Adults</p>	<p>A5 Booklet (8 pages)</p>	<p>10 / 100</p>
	<p>Australia's Physical Activity and Sedentary Behaviour Guidelines for Families</p>	<p>A5 Booklet (8 pages)</p>	<p>10 / 100</p>
	<p>Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)</p>	<p>Brochure</p>	<p>20 / 100</p>
	<p>Australian 24-Hour Movement Guidelines for Children and Young People (5-17 years)</p>	<p>Brochure</p>	<p>20 / 100</p>

Make Every Contact Count

Download	Resource	Type	Qty: Min/Max
	<p>Make Every Contact Count - No Sweat</p>	<p>A5 Booklet (8 pages)</p>	<p>20 / 150</p>
	<p>Make Every Contact Count - Out and About</p>	<p>A5 Booklet (12 pages)</p>	<p>20 / 150</p>
	<p>Make Every Contact Count - Fuel For Living</p>	<p>A5 Booklet (12 pages)</p>	<p>20 / 150</p>
	<p>Make Every Contact Count - Let's Get Physical</p>	<p>A5 Booklet (12 pages)</p>	<p>20 / 150</p>
	<p>Make Every Contact Count - Standing on Solid Ground</p>	<p>A5 Booklet (12 pages)</p>	<p>20 / 150</p>

Bowel Screening

Additional information on bowel screening resources is available [this link](#).

Download	Resource	Type	Qty: Min/Max
	Bowel Screening for Aboriginal Men	A4 Chart	5 / 25
	Bowel Screening for Aboriginal Women	A4 Chart	5 / 25
	Bowel Screening Flip Chart	A4 Flip Chart (34 pages)	1 / 5
	What happens next? If your bowel screening result is positive for Aboriginal Men	A4 Flip Chart	1 / 5
	What happens next? If your bowel screening result is positive for Aboriginal Women	A4 Flip Chart	1 / 5

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Print versions

Please note, whilst branding on some of these printed resources is now out of date, the health and service information included has been reviewed and remains valid. Branding will be updated at the time of reprinting in an effort to conserve costs.

For more information

Prevention and Population Health Branch
Wellbeing SA

Email: WellbeingSAHealthyLivingResources@sa.gov.au
wellbeingsa.sa.gov.au