

These resources may assist you in changing habits in specific areas of your life.

SLEEP

Sleep problems can be caused by a variety of things including stress/anxiety, narcolepsy or unhelpful bedtime habits. There are organisations that can provide information about healthy sleep, and how to deal with sleep-related problems.

1. National Sleep Foundation

<http://www.sleephealthfoundation.org.au/>

2. Better Health Channel (Victorian Government)

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/sleep>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sleep_problems_insomnia

3. SNORE Australia

<http://www.snoreaustalia.com.au/insomnia.php>

4. Narcolepsy and Overwhelming Daytime Sleep Society of Australia

<http://www.nodss.org.au/>

5. Australian Psychological Society (Insomnia)

<https://www.psychology.org.au/inpsych/2014/april/bartlett/>

FITNESS

There are a variety of physical activity guidelines for Australians, for healthy individuals and those who have or are at risk of cardiovascular disease. See also Exercise Professionals under 'Weight'.

1. Australia's Physical Activity and Sedentary Behaviour Guidelines (Australian Department of Health)

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines>

2. Fitness Australia Exercise Guidelines (Fitness Australia)

http://www.getmoving.tas.gov.au/_data/assets/file/0003/45048/Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf

3. Australian Association for Exercise and Sports Science Position Statement on Exercise and Hypertension (ESSA)

<https://www.essa.org.au/wp/wp-content/uploads/ESSA-Hypertension-position-statement1.pdf>

4. National Heart Foundation physical activity recommendations for people with CVD (NHF)

<http://www.heartfoundation.org.au/SiteCollectionDocuments/PAR4CVD.pdf>

WEIGHT LOSS

There are several resources available to people in relation to weight loss. These include behaviour-change professionals (coaches), nutrition specialists, psychological specialists, exercise professionals and information related to these.

Wellness Coach

A wellness coach is a professional who helps you envision a healthier future, change your behaviour and develop lasting, healthier habits. They can help you to challenge your thinking and the status quo, to get you unstuck and help you move forward.

1. Resources: [Coach Yourself To Wellness Book Set](#)

Dietician

Dieticians work with people to understand the relationship between food and health, and to make dietary choices to maintain health and prevent disease. They have specific training in food, nutrition and dietetics.

2. Resources: <http://daa.asn.au/for-the-public/smart-eating-for-you>
3. Find an Accredited Practicing Dietician: <http://daa.asn.au/for-the-public/find-an-apid/>

Nutritionist

Like Dieticians, Nutritionists work with people to understand the relationship between food and health, and to make dietary choices to maintain health and prevent disease. They may have the same or more general training, but are not qualified to provide medical nutrition therapy or dietary intervention.

4. Resources: <http://www.nutritionaustralia.org/national/food-and-nutrition>
5. Find a Registered Nutritionist: http://www.nsa.asn.au/index.php/find_a_nutritionist/

Counsellor

Sometimes, people have eating problems or disorders that are related to emotional or psychological issues. Counsellors or Psychologists can help in these situations.

6. Find a Registered Counsellor: <http://www.theaca.net.au/find-registered-counsellor.php>
7. Find a Registered Psychologist: <https://www.psychology.org.au/FindaPsychologist/>

Exercise Professionals

Exercise professionals can help you get started with a safe and effective exercise program for weight loss.

8. Fitness Australia – Find an Exercise Professional <http://www.fitness.org.au/directory/reps/1>
9. ESSA – Find an Accredited Exercise Physiologist <https://www.essa.org.au/find-aep/>

OTHER RESOURCES

10. Department of Health – Healthy Weight Guide

<http://www.health.gov.au/internet/main/publishing.nsf/content/healthyweighthome>

11. Department of Health Healthy Weight website

<http://www.healthyactive.gov.au/internet/healthyactive/Publishing.nsf/Content/healthyweight>

12. Heart Foundation Healthy Weight information/resources

<http://www.heartfoundation.org.au/healthy-eating/Pages/healthy-weight.aspx>

13. Better Health Channel (Victorian Government) Food and Nutrition resources

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_foodnutrition?open

QUIT SMOKING

Government information and programs are available to help people quit smoking.

14. Australian Government – Quit Now Australia

<http://www.quitnow.gov.au/>

15. Cancer Council Australia Information

<http://www.cancer.org.au/preventing-cancer/reduce-your-risk/quit-smoking.html>

<http://www.cancer.org.au/preventing-cancer/smoking-and-tobacco/>

16. Cancer Institute NSW – I Can Quit

<https://www.icanquit.com.au/>

17. Department of Health Information

<http://www.health.gov.au/internet/main/publishing.nsf/Content/tobacco-educat>

ALCOHOL INTAKE

Government information and other programs are available to help people quit smoking.

18. Drink Wise Australia

<https://drinkwise.org.au/>

19. Drink Less Mind 7-Day Program

<http://www.wellnesscoachingaustralia.com.au/Wellbeing-Studies/the-drink-less-mind-7-day-online-program>