

Make this Easter a Healthy One

For most of us, Easter is a time for family and friends, celebration and a few treats. There's plenty we can do to promote good health in our homes over the Easter period.

"Easter is an opportunity for most of us to take a break from work, which can help us to feel refreshed and re-energised which results in a positive mental health status.

"I encourage you to nurture your health and wellbeing by doing what you love this Easter. This could include spending time with family and/or friends, being active, reading a good book or taking on a creative project," Acting Chief Health Office Dr Paul Kelly said.

"Most of us love to indulge in a few chocolate eggs over Easter, but the key message is to eat 'in moderation.'

"Chocolate is high in fat and sugar, which can contribute to weight gain and increase our risk of chronic disease," Dr Kelly said.

"However, chocolate also contains antioxidants that can help protect against illnesses like heart disease and cancer. That being said, we should not think of chocolate as some kind of 'health food' it should be consumed and enjoyed in moderation as part of a well-balanced, nutritious diet.

"If you are celebrating Easter with children, it is a good idea to make them work for their treats. For example, searching for their goodies in an egg hunt in the backyard so that the extra energy intake that comes with eating chocolate is balanced with extra energy expenditure through physical activity," Dr Kelly concluded.

For healthy recipe ideas, visit the Go for 2&5 website;
www.gofor2and5.com.au.

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