

FLIP YOUR MINDSET KEEP IT HEALTHY

LESSEN YOUR STRESS



Reducing your stress and feeling well is good for your mental health. There are a lot of great benefits: it improves our immune system, lowers blood pressure, and relaxes muscles.

Flipping your mindset and connecting with others in person, managing your stress and taking time for yourself is good for your mental health, which also good for your liver.



TAKE A DEEP BREATH

STAY HYDRATED



There can be a lot of hidden sugar in drinks, fruit juices, boba milk tea, energy drinks, flavoured milk and soft drinks - you name it!

Flipping your mindset doesn't just mean switching to water, it can also mean staying hydrated, finding healthy alternatives, and knowing what's actually in your drinks.



RE-THINK YOUR DRINKS

NUTRITION IS KEY

It's too easy to reach for something nearby when you're hungry without thinking about what's best for your health. Foods that are high in fat, sugar, salt, and oil put stress on your liver.

Eating well is an important step in supporting healthy development. It can also decrease the risk of liver disease.

Flip your mindset and make healthy eating fun and simple for you, your family, and friends.



EAT WELL

GET MOVING

Being active helps improve your overall health and is great for your liver! An active lifestyle and maintaining a healthy weight decrease your risk of fatty liver disease.

Flip your mindset and think outside the box about how you can get your body moving. It doesn't have to mean sports or going to the gym, but it can be as simple as walking, yoga, and even using a standing desk!



GET YOUR STEPS IN

LiverWELL
Incorporating HEPATITISVICTORIA



CALL OUR LIVERLINE FOR MORE INFO!
1800 703 003

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