



# Media Release

The Hon Alan Griffin MP  
Minister for Veterans' Affairs  
Minister for Defence Personnel

VA047

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## VETERANS ENCOURAGED TO GET HEALTHY FOR LIFE

Veterans and their families are encouraged to take part in the many activities happening across the country next week during *Veterans' Health Week*, Minister for Veterans' Affairs and Minister for Defence Personnel Alan Griffin said today.

Mr Griffin said *Veterans' Health Week*, 19 to 25 July, focuses on good nutrition and encourages members of the veteran community to think about their overall health and wellbeing and to lead a stronger, healthier and happier life.

"Good nutrition is essential and has important health benefits – eating a balanced diet can help lower the risk of chronic diseases such as obesity and diabetes, improve heart health and energy levels and ultimately make you feel better," he said.

"*Veterans' Health Week* is an opportunity for veterans to get involved in some entertaining and educational activities, reflect on their diet choices and learn how to make some positive changes that will improve their health and fitness in the long term."

Mr Griffin said more than 130 fun and interactive activities will be on offer across the country including celebrity chef demonstrations, BBQ cook-offs, nutrition expos, organic gardening, fresh food markets, and Indigenous food exploration.

"*Veterans' Health Week* activities will be held in local areas and towns all around Australia not just capital cities. From *the Art of food* in Melbourne to Ettalong's *Beach Walk & Vegetarian Lunch*; from *Healthy Food Preparation* in Goonellabah and *Eat well to feel great* in Launceston to a *Nutrition expo* in Brisbane and an *Eat well, live well expo* in Adelaide.

"I encourage all members of the veteran community and their families to take part in *Veterans' Health Week* activities happening in their local community between 19 and 25 July. Nutrition is an essential part of healthy living and it is important for veterans and the wider community alike to get healthy for life.

"*Veterans' Health Week* demonstrates the Australian Government's ongoing commitment to veteran health care," Mr Griffin said.

For a full list of *Veterans' Health Week* activities visit [www.dva.gov.au/health\\_and\\_wellbeing/vhw](http://www.dva.gov.au/health_and_wellbeing/vhw) or contact the Department of Veterans' Affairs on 133 254 (for metropolitan callers) or 1800 555 254 (for non-metropolitan callers). Northern Territory callers please call 1300 551 918.

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