



Training For A Better State....(and not the Queensland Variety)

The Alarming Truth:

- **One in five (20%) of the Australian population aged 16 – 85 experienced mental health disorders in the previous 12 months. This is equivalent to 3.2 million Australians.**
- **One in 16 (6.2%) have affective mood disorders**
- **One in 7 (14.4%) have anxiety disorders.**
- **One in 20 (5.1%) have substance abuse disorders**

Sexuality, sex and gender diverse people have DISPROPORTIONARY negative mental health issues compared to the general Australian population. In fact; research indicated 2 – 14% higher and even these figures just mentioned are said to be grossly underestimated.

What Can You Do:

- **Eat For Nutrition and not for calories**
- **Eat regularly and not starve your body**
- **Get moving! Besides the external changes we want to see and strive for; things happen chemically in our heads, our hormonal systems, central nervous systems, circulatory and respiratory systems**

Specifically For Training/Exercise:

- **Start small – if doing a weights/body weight workout, begin at 2 sets per nmajor muscle group. Do compound exercises to ensure you hit all muscles. (Squat, press and row) **But just start****
- **Go for a short 15min walk and build on it... **But just start****
- **Acknowledge the wins and not just your (in your mind) failures **BUT JUST START****