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## Healthier. Happier.

Welcome to our September update!

Spring is the season of new beginnings and is an ideal time to start new healthy habits. To help you get started, this month's update features a succulent salad recipe, info on the healthiest ways to cook your veggies and ways to get involved with Walk at Work Week.

For more simple tips, recipes and motivation, follow us on [Facebook](#) and [Instagram](#).



### Say hello to your new fave salad

Up your salad game this Spring with our Thai beef salad. This flavour-filled dish combines succulent beef, crunchy veggies, fresh herbs and a zingy dressing that will impress everyone at the table. Plus, it's easy to make and will be ready to eat in just 25 minutes!

Let's cook!



## Walk at Work Week 15-19 October

From walking meetings to going for a walk on your lunch break, there are so many easy ways to add more walking into your work day. Healthier. Happier. walking programs [10,000 Steps](#) and [Heart Foundation Walking](#) have joined forces with [Queensland Walks](#) to encourage Queenslanders to walk more often at work. Get your colleagues involved and register for Walk at Work Week!

Find out more!



## The best way to cook your veggies for maximum nutrients

The way you cook vegetables can change the amounts of nutrients you get when you eat them. We spoke with a Public Health Nutritionist and got the facts on the best ways to prepare your veggies.

[Find out more!](#)



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