

FOR IMMEDIATE RELEASE

Melbourne Food and Wine Festival shows its commitment to good health

This week, Melburnians are invited to participate in a healthy start to their day by taking free hip-hop yoga and tai chi classes as part of the Melbourne Food and Wine Festival. As the first official health partner of their popular festival, Diabetes Australia – Vic is providing physical activity, dietitian advice and giveaways as part of this event.

Diabetes Australia – Vic’s Healthy Start to the Day in conjunction with the Melbourne Food and Wine Festival

Dates: Friday 28 February – Tuesday 4 March

Session Times: 7.30–8.15am: [Yoga 213](#)
8.20–8.50am: [Tai-Chi Australia](#)

Location: Red Stairs, Queensbridge Square, Southbank

Giveaways include: Healthy recipe cards from DA–Vic ambassador chefs Travis McAuley (Hellenic Republic) and Adam D’Sylva (Coda) as well as recipe contributions from Cody Cunningham (Bluestone) and Kim McCosker (4 Ingredients), Goodness Superfoods breakfast samples, *Life!* program information, Yoga 213 instructional cards with a chance to win Skechers trainers and Cotton On Body prize packs.

Cost: Free. No RSVP needed.

Work-at-home mother Stephanie Jang will take part in the Healthy Start to the Day after showing a new commitment to her health. Since she’s started looking after her diet and doing more exercise, she’s sparked a change in her family’s lifestyle behaviours too. Her husband was convinced to become her gym buddy and now her 9-year-old son swaps Gatorade for water at sporting games.

*Stephanie joined DA–Vic’s six-month free lifestyle intervention program, *Life!*, last year because she knew she was at increased risk of developing type 2 diabetes. “I had a 100 cm waist measurement and my sister warned me that you must have a 80 cm waist, otherwise you’re at risk of type 2 diabetes,” she said.*

DA–Vic CEO Craig Bennett said, “I congratulate Stephanie on her great example. We estimate that approximately 2 million Australians are at risk of developing diabetes. With 280 Australians diagnosed with diabetes each and every day, this is a significant problem for both our public hospital system and the economy.”

While the lifestyle changes didn’t stick initially for Stephanie, who describes herself as inactive by nature, her waist started shrinking when she started walking 13,000 steps a day, going to the gym and cutting out french fries and chocolate.

Overseas study evidence shows that type 2 diabetes can be prevented in up to 58 per cent of cases in the high risk (pre-diabetes) population.

Diabetes Australia – Vic is the peak consumer body and leading charity working to reduce the impact of diabetes.

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