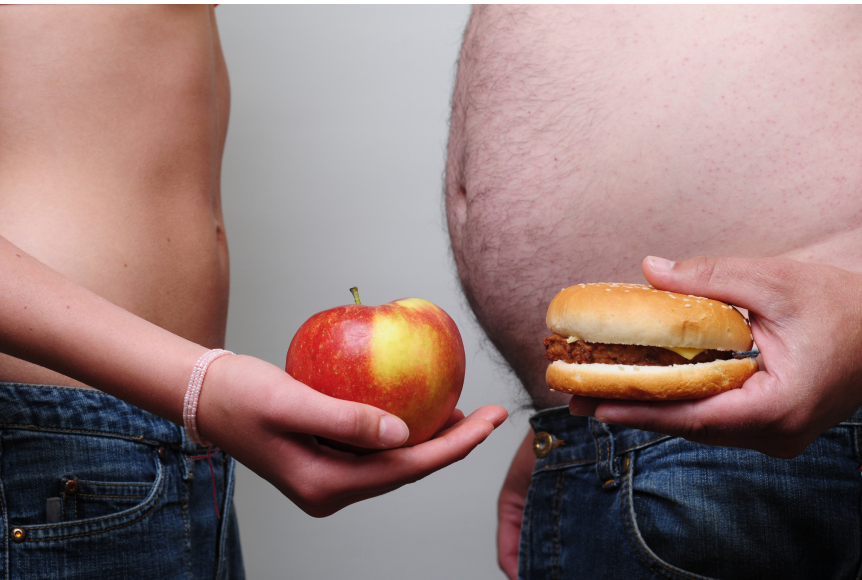


“According to the National Health Survey about 90% of us have at least one risk factor to our health”



**Guess what the TOP 3 are?**

# Top 3 Risk Factors to our Health

1. Inadequate vegetable consumption
2. Physical inactivity
3. Inadequate fruit consumption



# How we can help

- It's Up To You runs EAT RIGHT AT WORK programs in workplaces across Australia.
- Download a course outline from our webpage at [www.itsuptoyou.com.au](http://www.itsuptoyou.com.au)
- Call us on 0400 64 99 60 to chat about what we can do in your organisation to help your staff be healthy.
- [info@itsuptoyou.com.au](mailto:info@itsuptoyou.com.au)
- [www.itsuptoyou.com.au](http://www.itsuptoyou.com.au)