



Media Release

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## **The 2007 Australian Women's Health Diary – supporting women in many ways.**

There are lots of reasons for buying the **2007 Australian Women's Health Diary**. It has helpful advice on how to stay fit and healthy all year round, it helps you keep ahead of your plans and commitments, and importantly, it supports breast cancer research that is saving women's lives.

The **2007 Australian Women's Health Diary**, produced by the Breast Cancer Institute of Australia, is available now for just \$12.95 from newsagents and most Woolworths and Safeway supermarkets.

Chris Bath, Seven News Anchor and busy Mum, believes the diary is a real lifesaver.

"Do yourself, and every woman, a big favour and pick up a copy of this great diary today," says Chris. "Inside you'll find handy hints to improve your health and wellbeing, and there are also helpful checklists, reminders and quick reference guides for easily forgotten things, such as school term dates. It'll help you get organised – at least on paper!"

As well as the latest information on a wide range of health issues for the whole family, each page of the diary features a healthy living tip, such as:

- Always eat something in the morning. People who eat breakfast every day have lower insulin and cholesterol levels, and are less likely to be overweight.
- Drinking black, green or oolong tea at least twice a day has been shown to help maintain bone density.
- If you have trouble sleeping, avoid exercising close to bedtime – it may speed up your heart rate and metabolism.
- Walnuts are a great heart-friendly snack – store them in the fridge or a cool spot to help protect their Omega-3 fatty acids.

The **Australian Women's Health Diary** is not only a great source of health information, it is also a valuable source of funding for clinical trials research that aims to cure every woman with breast cancer, and to ultimately one day prevent it.

The diary is produced with the generous assistance of The Australian Women's Weekly, Commonwealth Bank and Avon. The ongoing sponsorship provided by these organisations is critical to the success of the diary and to the continued progress of our breast cancer research programs.

**The 2007 Australian Women's Health Diary is available now for \$12.95 from newsagents and most Woolworths and Safeway supermarkets nationally while stocks last, or for \$15.95 (includes postage and handling) from the Breast Cancer Institute of Australia on 1800 423 444.**

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For further information, or to obtain a photograph of Chris Bath and the diary, please contact:

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