About Australia on the Move (OZOM)

Researchers from the School of Human Movement Studies and the School of Information Technology and Electrical Engineering are working with Sports Medicine Australia to develop a website which provides a platform for making small changes which will encourage energy balance.

To stay healthy we need to balance the energy we use in our daily life with the energy we get from our food and drink.

If we don’t move enough (for example if we are sitting all day) - or if we eat too much - our energy will be out of balance and we will gain weight. This weight gain may be so gradual that we don’t notice it . . . but after ten years we might suddenly realise that we are a lot heavier than we were. That’s when the health problems start.

Making SMALL changes to activity and food intake makes a BIG difference . . . by moving a little bit more, sitting and eating a little bit less, you will soon have things back in balance

The Ozom website can help the UQ community to get back into energy balance! It is designed to encourage people to share tips for increasing activity and encouraging healthy eating at work. If you sign up on the Ozom website you can post tips, share ideas and find resources for eating less and moving more at UQ. You will be connected to others who are interested in making healthy changes to their lifestyle, and might even find a buddy to walk with – or someone to help you find a more active way of getting to work. You can discover new information and resources, create activity groups, participate in events and exchange ideas with others who work on our campuses.

Ozom is not a weight loss site. It is designed to be a place where people can find useful tips about physical activity and healthy eating, share experiences, monitor their energy balance, and receive support for making changes that will restore energy balance.

Small changes can make a big difference to your health, and OzOM is a great place to start.