

## *to a Healthy Lifestyle*

Do you want to be more active, enjoy healthy food, cope with stress and manage your weight?

Then *Lighten Up* is for you!

The *Lighten Up to a Healthy Lifestyle Program* was developed by Queensland Health for men and women (over 18) who want to improve their health.

The program will assist you to develop a healthy attitude to eating and physical activity. It does not provide a “diet “ to follow but will help you learn to:

- ✓ prepare and enjoy healthy food
- ✓ discover enjoyable ways to be physically active
- ✓ overcome problems and set goals
- ✓ feel better about yourself
- ✓ develop a support network to help you sustain your new habits

The *Lighten Up to a Healthy Lifestyle Program* includes individual screenings and seven workshops covering:

- ✓ Increasing everyday physical activity
- ✓ Making better food choices
- ✓ Reading food labels
- ✓ Adapting recipes
- ✓ Stress management and problem-solving

Making these changes to your lifestyle has enormous benefits for your health. Not only will you look and feel better, you will also greatly reduce your risk of diabetes, heart disease and cancer.

The program is funded by Queensland Health and is very affordable. (\$ 20)

To find out more about the *Lighten Up* program or to enrol, please contact:

**Ilze Roux** (Healthy Lifestyles Program Coordinator)  
**Ph: 4124 8311**

