



**LiveLighter® have loads of handy guides, practical tips and FREE online tools and downloadable resources to help you start making healthy changes today.**

Whether you want to completely overhaul your diet and start a new fitness regime, or just try a new recipe and get a few more steps into your day, we're here to help.

Any positive changes to your food and movement habits, no matter how small, can make a big difference to your health and wellbeing!



**Eat well, move more, feel good with FREE resources from LiveLighter®**

- ▲ Meal plans
- ▲ Workout guides
- ▲ Hundreds of healthy and tasty recipes
- ▲ Money-saving tips for at home and at the supermarket
- ▲ Assess your health risks with our interactive calculators
- ▲ Learn how to read food labels like a pro
- ▲ Healthy snack ideas to satisfy your cravings
- ▲ Tips and tricks for healthy families

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[livelighter.com.au](https://livelighter.com.au)

**EAT WELL,**

**MOVE MORE,**

**FEEL GOOD!**



**LIVELIGHTER**  
▲ ®



Government of Western Australia  
Department of Health





# HEALTHY BITES

## Recipes

We have hundreds of delicious and healthy recipes to choose from.

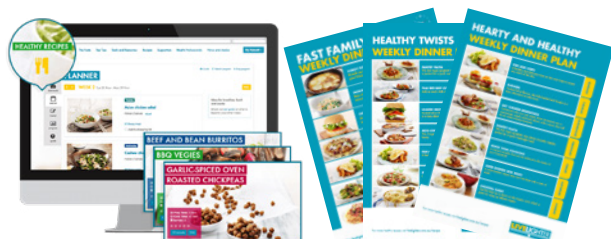
Browse by occasion, dietary requirement, main ingredient or prep time.



## Meal plans

Take the guess work and mental load out of planning your meals each day with our free plans.

Download fuss-free weekly plans or sign up for a personalised online meal plan.

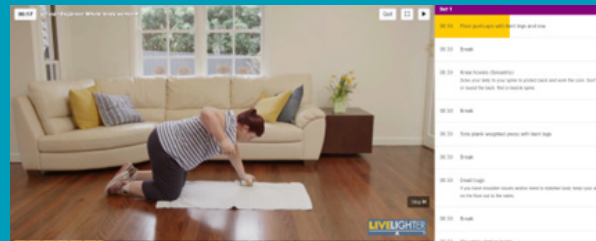


# EXERCISE GUIDES & PLANS

Regularly moving our bodies can help us sleep better, connect with others, boost energy and mood and feel stronger to do everyday tasks.

## My workout builder

Build a free custom workout video! Select your preferred difficulty level, focus area and workout time.



## Downloadable workouts

Whether you're looking for a relaxing stretch routine, a fun way to build muscle strength or a heart pumping cardio workout, we've got movement resources to suit every body.



# INTERACTIVE CALCULATORS

How much sugar am I drinking? Am I active enough? Should I eat more fruit and veg? Am I having too much junk food?

Find out how your habits measure up with our interactive calculators.

