

## ABOUT LIVELIGHTER®

LiveLighter® aims to help Australians live healthy lives. We do this by:

- ▲ Putting ads on TV, radio and elsewhere to remind and motivate people to make changes.
- ▲ Creating practical resources to help people make healthy habits.
- ▲ Working with health professionals and community organisations.
- ▲ Working to change the environment to make it easier to be healthy. We want everyone to be able to access healthy, affordable food and have the opportunity to be physically active.

**SUGARY DRINKS CAN  
OPEN YOU UP TO  
TOXIC FAT**



## SIX WAYS TO LIVELIGHTER®

1. Cut back on junk foods
2. Avoid sugary drinks
3. Eat more vegies and fruit
4. Be active every day and sit less
5. Avoid alcohol
6. Watch your portion size

Connect with us

-  @LiveLighterCampaign
-  @LiveLighterCampaign
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**LIVELIGHTER**  
▲  
®

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

**START TO  
LIVELIGHTER®  
TODAY**



Partner:



Government of Western Australia  
Department of Health



## WEIGHT AND HEALTH

Most of us try to eat healthy foods as much as we can, but being surrounded by junk foods and marketing can undermine our efforts to eat well. Eating junk food and not moving enough can lead to weight gain and obesity over time.

This increases the risk of health issues such as:

- ▲ Heart disease
- ▲ Type 2 diabetes
- ▲ Liver disease
- ▲ 13 types of cancer

## AM I AT RISK?

### Body Mass Index

Overweight and obesity can be measured using the Body Mass Index (BMI). This calculates weight in relation to height. While BMI is not a perfect measure of body fat or health risk, it's a good place to start.

To calculate your BMI you'll need to know your weight and your height.

$$\text{CALCULATE YOUR BMI} = \frac{\text{WEIGHT [KILOGRAMS]}}{\text{HEIGHT X HEIGHT [METRES]}}$$

BMI	Classification
Less than 18.5	Underweight
18.5 – 25	Healthy weight
25 – 30	Overweight
30 or more	Obese

For some groups of people, the healthy BMI range might be higher (as for older people and people of Pacific Islander background) or lower (people of Asian or Aboriginal background).

## Waist measurement

Waist size is also important as it can give a better indication of how much fat is around our internal organs. This fat is worse for our health than fat on other parts of our body.

Measure the waist halfway between the bottom of the ribs and the top of the hip bones. For most people, it's about belly button level.

### WOMEN



80 cm

Increased risk

88 cm

Greatly increased risk

### MEN



94 cm

Increased risk

102 cm

Greatly increased risk



## EAT WELL, MOVE MORE, FEEL GOOD

Healthy habits like eating well and being active are beneficial for everyone, regardless of weight or shape.

Benefits include:

- ▲ More energy
- ▲ Better sleep
- ▲ Better immune system
- ▲ Improved mood
- ▲ Reduced risk of chronic disease

## TOOLS TO GET STARTED

We've got loads of tips and FREE tools to help you start making healthy changes today!

- ▲ Meal plans
- ▲ Tasty recipes
- ▲ Exercise programs
- ▲ Junk food and sugary drink calculators
- ▲ Physical activity calculator

Visit [livelighter.com.au](http://livelighter.com.au) to find out more and sign up.

