



Why?

Participating in the *Lighten Up* program is a fun, interesting and easy way to motivate yourself towards better eating, physical activity and relaxation habits.

By changing unhealthy habits, there is a much greater chance of:

- reducing your risk of diabetes and heart disease;
- reducing medications;
- increasing mobility, energy levels, sleep, self-confidence and happiness;
- boosting your immune system.

How?

If you feel you would benefit from healthy lifestyle advice, contact your local Program Coordinator to enrol in a *Lighten Up* program near you.

Limited numbers of programs are run each year, with a maximum of 15 participants. People who register to participate in the program, are placed on a waiting list and contacted when a place is available.

get your
health and
happiness
on track

For more info?

Contact your local Program Coordinator:

Emma Clarke

Program Coordinator (Healthy Lifestyles)

Brisbane South Division

Ph: 3274 1886

E: emma@brisbanesouth.com.au

Website: www.health.qld.gov.au/lightenup

www.gofor2&5.com.au

www.eatwellbeactive.qld.gov.au



Australian Better
Health Initiative:
A joint Australian,
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Queensland
Government
Queensland Health

Lighten Up

Get your health
& happiness on track



Queensland
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Gain skills for a
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It's time to
ditch your diet
and get real about
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happiness





Would you benefit from learning how to:

be more active
enjoy healthy food
cope with stress
manage your weight?...

What?

Lighten Up is a group-based healthy lifestyle program developed by Queensland Health. It assists people to:

- 1) develop a healthy attitude to eating;
- 2) prepare and enjoy healthy food;
- 3) incorporate physical activity in their daily life;
- 4) manage stress;
- 5) learn healthy methods of weight control and
- 6) make long-term behaviour changes to support a healthy lifestyle.

Cost & Time?

Lighten Up program costs vary dependent on the location and duration. Check with your local Program Coordinator for details. Participants attend a two-hour workshop once a week for up to 10 weeks.

Who?

Lighten Up is designed for men and women over 18 years of age, who want to improve their health, manage their weight and are reasonably mobile. Programs cater for a maximum of 15 people.

Lighten Up is run by trained health professionals from a variety of backgrounds (e.g. nurses, physiotherapists, occupational therapists). Dietitians, physiotherapists, social workers and psychologists may be involved at various stages of the program to present specialist information on nutrition, physical activity & behaviour change.

When & Where?

Lighten Up programs run across Queensland. A calendar is produced each year that identifies dates, times and locations. Copies are available from your local Program Coordinator. Information is also available at www.health.qld.gov.au/lightenup

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