

LiveLighter – Key Messages in Brief

1. Watch your portion size and start to LiveLighter today.
2. Avoid sugary drinks and start to LiveLighter today.
3. Sit less and start to LiveLighter today.
4. Cut back on salt and start to LiveLighter today.
5. Cut back on alcohol and start to LiveLighter today.
6. Watch the fats you eat and start to LiveLighter today.
7. Go for 2 fruit and 5 veg and start to LiveLighter today.
8. Cut back on sugar and start to LiveLighter today.
9. Choose healthier snacks and start to LiveLighter today.
10. Be active every day and start to LiveLighter today.

LiveLighter - Key Messages

1. To achieve or maintain a healthy weight, you need to make sure you're eating the right amount of food. *Watch your portion size and start to LiveLighter today.*
2. It's easy to forget that we take in energy (kilojoules) through drinks as well as food. You can drink a lot of energy without realising it. *Avoid sugary drinks and start to LiveLighter today.*
3. These days we spend a lot of our time sitting down – at home, travelling and at work. This inactive time is referred to as being 'sedentary'. Sedentary time is linked to health problems which can lead to diabetes and increase your risk of developing coronary heart disease. *Sit less and start to LiveLighter today.*
4. Your body needs salt to function normally. But too much salt is no good for you. *Cut back on salt and start to LiveLighter today.*
5. It's part of the Aussie social culture to meet our friends and family and share a drink or two. But alcoholic drinks like beer, wine and spirits are high in energy. *Cut back on alcohol and start to LiveLighter today.*
6. Not all fats are the same – there are 'beneficial' fats and 'unhealthy' fats. *Watch the fats you eat and start to LiveLighter today.*
7. Eating plenty of fruit and veg not only keeps you healthy but also protects you against disease. It can also help you maintain a healthy weight and keep you regular. *Go for 2 fruit and 5 veg and start to LiveLighter today.*
8. Most people like to indulge their 'sweet-tooth' sometimes, but eating too much sugar can lead to weight gain and tooth decay. *Cut back on sugar and start to LiveLighter today.*
9. In between meals it's easy to be tempted by quick and unhealthy snacks. Whether it's because you're hungry, bored or stressed, it can spoil your efforts to maintain a healthy weight. *Choose healthier snacks and start to LiveLighter today.*
10. To avoid putting on weight, you need to burn off the energy (kilojoules) in the food you eat each day. Physical activity not only burns that energy, but reduces your risk of many serious diseases. *Be active every day and start to LiveLighter today.*