



Have you got a presentation coming up?

This kit contains the info and tools to help you deliver a presentation on LiveLighter's top ten tips



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SPEAKERS' KIT OVERVIEW

Welcome to the LiveLighter Speaker Kit resource. The aim of each speaker kit is to:

- Provide you with a pre-prepared presentation on a key health topic
- Equip you with the information to confidently deliver a health presentation and answer questions in accordance with best practice and LiveLighter's recommendations
- Recommend suitable resources

In total, there are four different speakers' kits focussing on:

- Avoid sugary drinks
- **Top tips to LiveLighter**
- Junk food
- Eat Brighter LiveLighter

What is in the speakers' kits?

Each kit contains:

- A topic-specific PowerPoint presentation
- This background information sheet (not designed as a hand-out)
- Evaluation tools for the presenter and participant

It is recommended that the background information be used as a guide to prepare you for your presentation. Each presentation is written using simple vocabulary and includes plenty of images to help reach a wide target audience.

Presentation notes accompany many of the slides and can assist in your delivery on each topic. You may also find it beneficial to take notes from the 'background information sheet' and add these to complement your presentation.

You are welcome to alter the presentation format or add/remove slides or sections to best suit your audience. However, we do ask that the content itself is not changed.

How to use the kits:

1. Read this background information sheet
2. Familiarise yourself with the presentation slides. The presentations are a guide only so feel free to add or remove sections to best suit your target audience
3. Visit the LiveLighter website for further information and suitable resources
4. Following your presentation, please complete the *presenter evaluation form* and send this, in addition to completed *participation evaluation forms*, to info@livelighter.com.au

Who are the presentations targeted?

As LiveLighter is an adult-focussed program, each presentation is aimed at audiences aged 25-64 years. While the presentations have been designed for groups, they can also be used during client consultations and for staff professional development.

Who can deliver the presentation?

The presentations are designed to be delivered by a health professional. They may also be used by a student or volunteer with your organisation/company.

RECOMMENDED LIVELIGHTER RESOURCES

Factsheets

- Watch your portion size: <https://livelighter.com.au/Top-Tips/Watch-Your-Portion-Size>
- Avoid sugary drinks: <https://livelighter.com.au/Top-Tips/Avoid-Sugary-Drinks>
- Be active everyday: <https://livelighter.com.au/Top-Tips/Be-Active-Everyday--Sit-Less>
- Sit less: <https://livelighter.com.au/Top-Tips/Be-Active-Everyday--Sit-Less>
- Cut back on salt: <https://livelighter.com.au/Top-Tips/Cut-Back-on-Salt>
- Cut back on alcohol: <https://livelighter.com.au/Top-Tips/Cut-Back-on-Alcohol>
- Watch the fats you eat: <https://livelighter.com.au/Top-Tips/Watch-The-Fats-You-Eat>
- Go for 2 fruit and 5 veg: <https://livelighter.com.au/Top-Tips/Go-For-2-Fruit-and-5-Veg>
- Cut back on sugar: <https://livelighter.com.au/Top-Tips/Cut-Back-on-Sugar>
- Choose healthy snacks: <https://livelighter.com.au/Top-Tips/Choose-Healthy-Snacks>

Booklets and campaign materials

- Sugary drinks infographic: [https://livelighter.com.au/assets/resource/infographic/HEA3339%20Sugary%20Drinks%20update%20\(A4\).pdf](https://livelighter.com.au/assets/resource/infographic/HEA3339%20Sugary%20Drinks%20update%20(A4).pdf)
- Wallet Cards: <https://livelighter.com.au/Assets/resource/wallet-card/LL-STAR-rating2.jpg>
- Our range of recipe booklets: <https://livelighter.com.au/Tools-and-Resources/Resources>

Online tools

- Sugary Drinks calculator: <https://livelighter.com.au/The-Facts/About-Sugary-Drinks>

- Junk food calculator: <https://livelighter.com.au/JunkFood/Calculator>
- Meal and activity planner: <https://livelighter.com.au/Tools-and-Resources/Meal-and-Activity-Planner/>

Other suggested resources:

- Australian Dietary Guidelines: <https://www.nhmrc.gov.au/guidelines-publications/n55>
- Eat for Health: <https://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>

ORDERING LIVELIGHTER RESOURCES

LiveLighter resources and merchandise can be ordered for free within W.A using the following link: <https://livelighter.com.au/order/Resources>

PRINTING PRESENTATION SLIDES WITH SPEAKERS' NOTES

You may find it useful to print off the PowerPoint presentation with the speakers' notes included.

If you are unsure of how to do this, please follow the steps included in this link: <https://support.office.com/en-us/article/Create-and-print-notes-pages-324b234d-83b6-4db1-8bb6-9ee5c934a76f>

TOP TIPS IMPORTANT INFO

What are LiveLighter's Top Tips?

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

Please click on the factsheet links on page four for each further information on each tip.