

LIVELIGHTER

When you eat more than you need to and aren't as active as you should be, fat doesn't just build up around your waist.

Toxic fat also builds up around your vital organs, releasing dangerous levels of chemicals that bring heart disease, diabetes and cancer closer.

Want to know if you've got toxic fat?

Grab your waist. A grabbable gut on the outside is a sure sign you have toxic fat on the inside.

How do you get rid of toxic fat?

Same way you get rid of other fat: eat and drink less and move more. Not after the holidays or when you're less stressed but starting right now.

When you think of toxic fat around your vital organs, making small changes is no big deal.

GRABBABLE GUT

OUTSIDE

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MEANS TOXIC

FAT INSIDE

Top tips to LiveLighter:

- 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 veg
- 8** Cut back on sugar
- 9** Choose healthy snacks
- 10** Be active every day

For more information visit
livelighter.com.au



Want more help to LiveLighter?
Register now at **livelighter.com.au**
to access your own personalised
LiveLighter Meal and Activity Planner.
Designed by our experts, the planner
will guide you towards a healthier
lifestyle and motivate you to stay on
the right track. Best of all, it's free!

**Come on, start to
LiveLighter today!**

