

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.

## 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

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



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# Start to LiveLighter today



## LIVELIGHTER

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**GRABBABLE GUT**

**OUTSIDE**

**MEANS TOXIC**

**FAT INSIDE**

## Are you ready to make a healthy change?

LivLighter is encouraging Western Australian adults to lead healthier lifestyles by making a few simple changes to their eating, drinking and physical activity habits.

There are lots of healthy choices we could make everyday. Start with small changes, such as turning down that extra slice of pizza or leaving the car at home and walking or taking your bike for short trips.

Given that around two-thirds of Western Australians are now overweight or obese; many people are unclear about what a healthy weight actually is.

For most people being a healthy weight means having a BMI (body mass index) between 18.5 and 24.9 however you waist measurement is also a good indicator. Women should aim for a waist measurement of less than 80cm and men should aim for less than 94cm.

## Need a helping hand?

The livelighter.com.au website includes further information about the campaign, along with helpful tips, new healthy recipes and other interactive tools to help people live healthier lives.

It also features stories of real Western Australians, who have taken the first steps towards a healthier future.

Among the information and tools is the free Meal and Activity Planner. Designed by our experts, the Planner features delicious recipes, a physical activity schedule and a progress tracker, all of which are tailored to suit your individual needs and motivate you to stay on the right track. Best of all, its free!

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

