

FACT SHEET

What is Lighten Up?

- it's a 7-week, group-based, healthy lifestyle program
- participants attend a 2-hour workshop, once a week
- it assists participants to learn how to be more active, prepare & enjoy healthy food, cope with stress, improve self-esteem, identify triggers for unhealthy choices and set realistic health goals
- it's about being positive about the future and making choices to take control of your health
- it puts equal emphasis on food, physical activity & lifestyle choices
- it measures success by behaviour change
- it relies on you getting involved and supporting others
- it provides information that is suitable for the whole family

Who can participate?

To be eligible to participate in the Lighten Up program, people need to:

- be over 18 years of age
- demonstrate a genuine desire to improve their health
- display preventable risk factors for chronic disease (overweight/obesity, high blood pressure, high cholesterol, pre-diabetes, hypertension, poor nutrition, physical inactivity, smoking, alcohol misuse etc.)



This program is designed to prevent chronic disease, not treat existing conditions. Consequently, participants with a diagnosed chronic disease (diabetes, cardiovascular disease, respiratory disease, kidney disease, cancer) are not eligible to attend this program. Persons with a diagnosed chronic disease should seek guidance from their GP about how to improve their health.

Who runs Lighten Up?

The Lighten Up program is run by a dedicated Lead Facilitator, who will attend each workshop and be available to answer your questions. The Lead Facilitator is a university qualified Health Promotion Professional. She will involve a range of other health professionals, including dietitians, physiotherapists, psychologists, social workers and diabetes educators, to provide expert information about nutrition, physical activity, behaviour change, stress management and diabetes prevention.

What Lighten Up is not?

- it does not focus on weight loss only, or measure your success by how much weight you lose
- it does not provide a specific diet or exercise plan to follow
- it does not measure your weight and shape each week
- it is not about counting calories or kilojoules
- it does not focus on the short term
- it is not a 'do it alone' process
- it is not a 'magic formula' for success (the magic must come from you)



"Lighten Up is a supportive group without judgement. You all share a journey and support each other to make changes at your own pace."

Participant testimonial: Noosa, May 2011

WHAT does Lighten Up offer?



Weekly Walks

Regular group walks occur prior to each Lighten Up workshop. These provide the opportunity for participants to practice regular physical activity and to get to know each other.

Physical Activity Demos



Physical activity demonstrations including yoga, tai chi, low impact aerobics, aqua aerobics and barefoot lawn bowls, are incorporated into the Lighten Up program. These assist participants to try a range of activities to broaden their experience and knowledge of low intensity options.

Community Guest Speakers

Local guest speakers from the Sunshine Coast Regional Council and the Heart Foundation will also participate to promote heart health and a broad range of community wellbeing activities, services and free resources.



"I would recommend Lighten Up as the facilitators mode of delivery was interesting, motivating, informative and free flowing."

Participant testimonial: Noosa, May 2011

WHAT does Lighten Up cost?

It is a one-off cost of \$20, payable on arrival at the first workshop.

HOW to register for Lighten Up?

To enrol in a Lighten Up program, contact :
 Kerry Roach
 Program Coordinator (Healthy Lifestyle)
 Ph: 5470 6985 Fx: 5470 5216
 Email: kerry_roach@health.qld.gov.au

LOCATION	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
KAWANA Lake Kawana Community Centre 114 Sportsmans Pde Bokarina	9.30am—11.30am 9 Feb—22 Mar Thursday						6pm—8pm 8 Aug—19 Sept Wednesday				
MAROOCHY Community Health Centre Sixth Ave Maroochydore			6pm—8pm 11 Apr—23 May Wednesday								
NAMBOUR The Meeting Place Cnr James & Shearer St Nambour				9.30am—11.30am 3 May—14 June Thursday							
NOOSA/ COOROY To be advised									Date & time to be advised		