



LiveLighter have loads of handy guides, practical tips and FREE online tools and downloadable resources to help you start making healthy changes today.

Any positive changes to your food and movement habits, no matter how small, can make a big difference to your health and wellbeing.

Living lighter for you may start with cooking a new healthy recipe from our library, following one of our dietitian developed meal plans, or by walking more or using our workout builder.



Eat well, move more, feel good with FREE resources from LiveLighter

- ▲ Meal plans
- ▲ Workout guides
- ▲ Hundreds of healthy and tasty recipes
- ▲ Money-saving tips for at home and at the supermarket
- ▲ Assess your health risks with our interactive calculators
- ▲ Learn how to read food labels like a pro
- ▲ Healthy snack ideas to satisfy your cravings
- ▲ Tips and tricks for healthy families



LIVELIGHTER



sa.livelighters.com.au

EAT WELL,

MOVE MORE,

FEEL GOOD!



LIVELIGHTER



Government of South Australia
Preventive Health SA



HEALTHY BITES

Recipes

We have hundreds of delicious and healthy recipes to choose from.

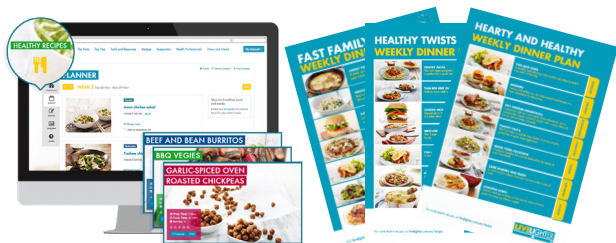
Browse by occasion, dietary requirement, main ingredient or prep time.



Meal plans

Take the guess work and mental load out of planning your meals each day with our free plans.

Download fuss-free weekly plans or sign up for a personalised online meal plan.

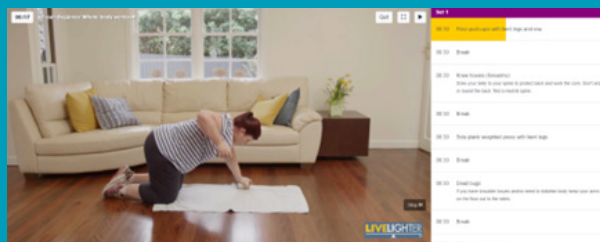


EXERCISE GUIDES & PLANS

Regularly moving our bodies can help us sleep better, connect with others, boost energy and mood and feel stronger to do everyday tasks.

My workout builder

Build a free custom workout video! Select your preferred difficulty level, focus area and workout time.



Downloadable workouts

Whether you're looking for a relaxing stretch routine, a fun way to build muscle strength or a heart pumping cardio workout, we've got movement resources to suit every body.



INTERACTIVE CALCULATORS

How much sugar am I drinking? Am I active enough? Should I eat more fruit and veg? Am I having too much junk food?

Find out how your habits measure up with our interactive calculators.

