



Who runs the program?

Living Strong is usually run by Health Workers who have been trained in the program. In some communities the program is run by community people.



Who can come to the program?

Living Strong is for most people over the age of 18 but it does not cover the needs of pregnant or breastfeeding women.

It is recommended that everyone checks with their doctor before joining the program.

You are welcome to bring your partner, other adult family members or friends with you.

Need more information?

For more information about Living Strong in your community contact:

Name

Workplace

Ph: (07)

Fax: (07)

http://www.health.qld.gov.au/lightenup/living_strong



Australian Better Health Initiative

A joint Australian, State and Territory government initiative



**A Healthy Lifestyle Program
for Aboriginal and Torres
Strait Islander Communities**



What is Living Strong?

Living Strong is a group based healthy lifestyle program for Aboriginal and Torres Strait Islander communities.

Living Strong is about helping people to make long term lifestyle changes, like choosing healthier food and drinks and being more physically active.

Some people who have attended the program have made changes in their community – like asking the store manager to sell more low fat food choices or working with the council to get a safer walking track.



What does Living Strong cover?

Living Strong includes a series of workshops and a health screening at the beginning and at the end of the program.

In the workshops you will learn about:

- healthier food and drink choices
- healthier cooking
- ways to become more physically active
- preventing diabetes
- improving self esteem
- ways to make and keep going with healthy lifestyle changes
- reading food labels
- how to spend your food money better.

The sessions are fun, interactive and designed to increase the skills and confidence of people in your group

At the screenings you will have your blood pressure, waist, weight and height measured. But Living Strong is not a diet program - it is about having a healthy lifestyle.

You can talk to the facilitator privately at these screenings about personal eating and physical activity goals.



How long is the program?

The program is usually held every week and lasts for a few months.

After the program has finished, you may wish to continue meeting and support each other in the healthy lifestyle changes you have made. Some groups have started walking groups and healthy cooking groups.