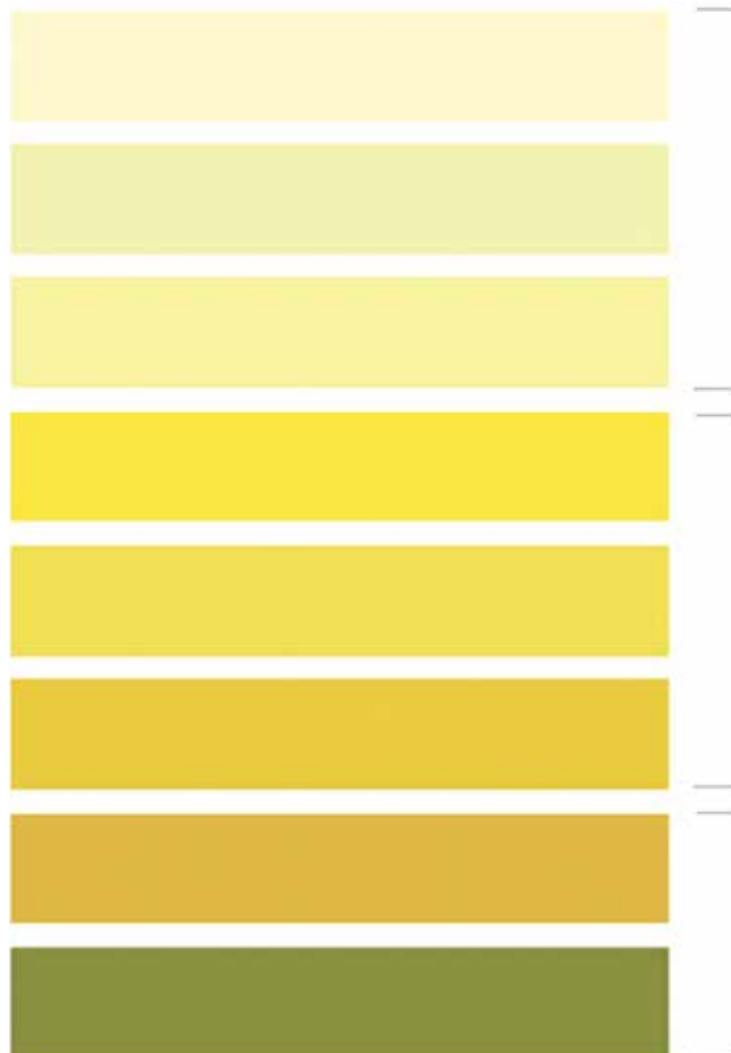


# AM I DRINKING ENOUGH WATER?

When we drink enough water, our wee should be a pale yellow colour – like straw. Compare your urine colour to the chart below!



## IDEAL COLOUR

If you are drinking enough it should be a pale yellow colour.

## SLIGHTLY DEHYDRATED

Darker yellow colour. Try to drink more water throughout the day

## VERY DEHYDRATED

Very dark colour.  
You need to drink more water.

What else can change the colour of my wee?

Some foods



Some medicines



Some vitamins



Water is the best choice of drink for your body.

\*This colour chart is for people with normal kidney function.

\*These colours are a guide only. Check the colour of your wee over a week to see how much water your body needs.

## BE ACTIVE EVERYDAY & SIT LESS

Along with healthy eating, being active and sitting less is an important part of maintaining a healthy weight.

### Be Active Everyday

Just 30 minutes of moderate-intensity physical activity (an activity that is energetic and raises your heart rate but doesn't make you too breathless, such as fast walking) on most or all days of the week is needed for good health.

**In addition to planned activity, find everyday physical activities that you can fit into a busy day.**

**Try to:**



**Here are some tips on how to get started:**

- Choose an activity that you enjoy
- Set small and achievable physical activity goals
- Reward yourself when you reach your goals e.g. massage
- Be active with friends or family by making a regular time to meet to go walking or take part in other activities
- Make physical activity part of your day – set your alarm for 30 minutes earlier each morning or use your lunch break to go for a walk

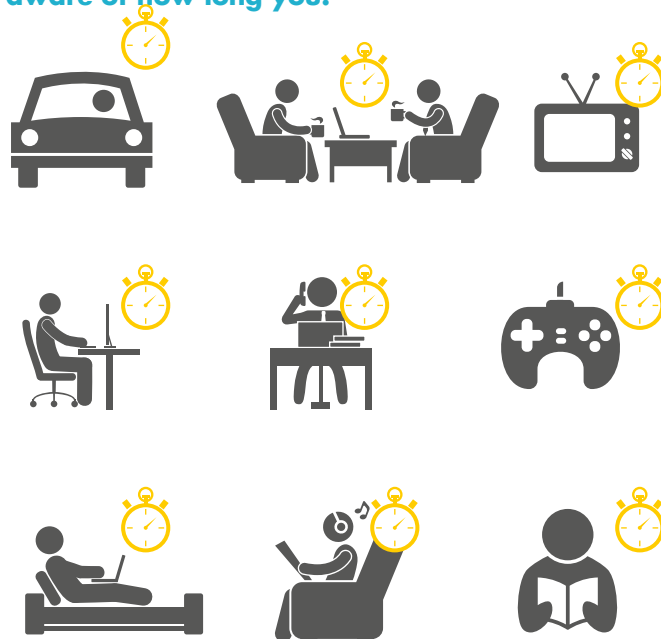
### Sit Less

Research shows that high levels of sedentary time can lead to health problems. Sedentary time is the time we spend sitting, or not moving very much.

High levels of sedentary time is linked to poor health, increased risk of health problems (e.g. type 2 diabetes and heart disease).

Sedentary behaviour is not the same as a lack of physical activity. People who do enough physical activity each day may still spend a lot of time sitting for too long.

**Be aware of how long you:**



**More technology often leads to more sedentary time. Set yourself a goal of a maximum amount of 'screen time' for leisure each day.**

# CANCER

## and the link between overweight and obesity

### What is overweight and obesity?

Overweight and obese are terms used to describe the body weight of people who are carrying excess body fat. To determine whether someone is overweight or obese, their body mass index (BMI) is calculated using their height and weight.

Becoming overweight or obese happens gradually as a result of either:

- consuming more energy (kilojoules from food and drinks) than your body needs
- consuming more energy (kilojoules from food and drinks) than your body uses by being active
- a combination of both.

Overweight and obesity is harmful to health as it increases a person's risk of chronic diseases including cardiovascular disease, type 2 diabetes and some cancers. It also increases their risk of other health issues, including high blood pressure, gallbladder disease, fertility problems, lower back pain and sleep apnoea.

The more excess weight a person is carrying, the higher their risk of health issues.

Want to find out if you are in the healthy weight range? Learn more at [www.livelighter.com.au/bmi](http://www.livelighter.com.au/bmi).

### What is cancer?

Cancer is a disease of the body's cells. The body is constantly making new cells to replace worn-out ones, to grow, or to heal itself after an injury.

Normally cells grow and reproduce themselves in an orderly way. Sometimes, cells can reproduce themselves in an uncontrolled way, which can lead to cancer. These cancer cells can form a tumour, damage the surrounding area and spread to other areas of the body.

It is important to understand that cancer is not a single disease with a single cause, effect or treatment.



Cancer is a leading cause of death in Australia, accounting for 3 in every 10 deaths. In 2011, more than 43,200 Australians died of cancer – that's more than 830 people every week.

### What causes cancer?

In many cases the cause of a cancer is unknown. However, there are many things that can increase your risk of cancer. Some of these we can't change, like our genes, or our age.

Some things that increase our risk of cancer, we can change. These include:

- ▲ Smoking
- ▲ Drinking alcohol
- ▲ UV radiation (sun exposure)
- ▲ Physical inactivity
- ▲ Being overweight or obese



# CANCER

## and the link between overweight and obesity

### How is cancer related to overweight and obesity?

Being overweight or obese is a risk factor for many kinds of cancer. Research has found that being overweight or obese is associated with the following cancers<sup>1</sup>:

- ▲ Uterus (womb)
- ▲ Gallbladder
- ▲ Kidney
- ▲ Cervix
- ▲ Thyroid
- ▲ Leukaemia
- ▲ Liver
- ▲ Colon (bowel)
- ▲ Ovarian
- ▲ Breast cancer (in post-menopausal women)

The exact reason why being overweight or obese makes you more likely to develop these cancers is not yet fully understood. It is likely to do with the fact that body fat (especially fat around the waist and vital organs) produces chemicals and hormones that are released into the body. Having an excess of these chemicals and hormones creates an environment in the body that makes cancer more likely to grow<sup>2</sup>.

Being a healthy weight can reduce your risk of these cancers. Eating plenty of vegetables, decreasing your alcohol intake and doing regular physical activity can both decrease your risk of cancer and help you to achieve a healthy weight.

### What can I do to reduce my risk of overweight/obesity?

Our weight generally comes down to two factors: how much we eat and drink (energy in) and how active we are (energy out). It is all about achieving a balance. If you are aiming for weight loss, increase energy out (by being physically active) and reduce energy in (by eating healthy food).

To achieve and maintain a healthy weight, the best things you can do are to:

- ▲ Eat a variety of nutritious foods from the Australian Guide to Healthy Eating
- ▲ Limit intake of foods high in saturated fat, added sugar and salt
- ▲ Be physically active every day

For good health and to help you reach your healthy weight goals, we recommend following our top tips to LiveLighter®:

- ▲ Watch your portion size
- ▲ Avoid sugary drinks
- ▲ Sit less
- ▲ Cut back on salt
- ▲ Cut back on alcohol
- ▲ Watch the fats you eat
- ▲ Go for 2 fruit and 5 veg
- ▲ Cut back on added sugar
- ▲ Choose healthy snacks
- ▲ Be active every day



Working to achieve a healthy weight will help to lower your risk of chronic disease. However, it is important to note that no matter what your size or weight is, being physically active and eating well will improve your health.

For more information on how to achieve and maintain a healthy weight for good health, visit the following websites:

- LiveLighter®: [www.livelighter.com.au](http://www.livelighter.com.au)
- Eat for Health: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- Heart Foundation: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)
- Diabetes Australia: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

If you think you are overweight or obese, we encourage you to see your doctor or an Accredited Practising Dietitian for personalised advice.

<sup>1</sup>Bhaskaran, K. et al. Body-mass index and risk of 22 specific cancers: a population-based cohort study of 5.24 million UK adults. *Lancet* 6736, 1–11 (2014).

<sup>2</sup>Donohoe, C. L., Doyle, S. L. & Reynolds, J. V. Visceral adiposity, insulin resistance and cancer risk. *Diabetol. Metab. Syndr.* 3, 12 (2011).

## COUNTING KILOJOULES

We get energy to fuel our bodies from the foods and drinks we consume. Eating more or less kilojoules than our bodies need can result in weight gain or loss.

### What are kilojoules (or calories)?

In Australia we measure energy in kilojoules (kJ). Calories (cal) is another word for energy, but kilojoules (kJ) is more commonly used in Australia (1 cal is equal to 4.2kJ).



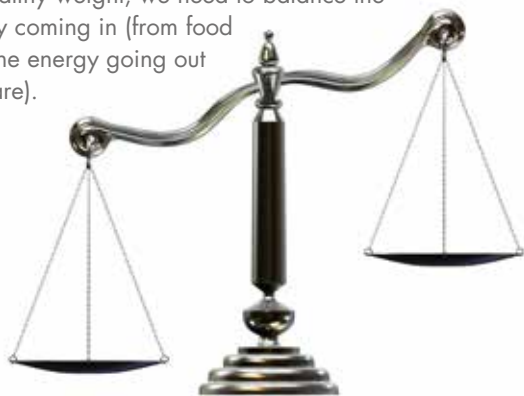
### Are kilojoules bad?

No, our bodies need energy to function properly. However, if we eat and drink more energy than our body needs, the extra energy is stored as fat. If we keep doing this day after day, it can lead to weight gain.



### Balancing “energy in, energy out”

To maintain a healthy weight, we need to balance the amount of energy coming in (from food and drink) with the energy going out (how active we are).



The amount of energy in a food or drink will change depending on:



**Generally, the more processed a food is, the more energy it contains.**

Fresh foods (including fruits, vegetables, breads, cereals, lean meats, milk and milk products) are high in nutrients and relatively low in energy. That's why these foods are great to eat every day.

Some high energy foods, like those with 'healthy' fats, e.g. avocado and nuts, are good for our bodies. These foods are part of a healthy balanced diet and should be eaten frequently.

### How many kilojoules do I need?

Gender, age, height, weight and how physically active you are affect how much energy our bodies need, so rather than counting the kilojoules, focus on the food or drink you are choosing and if it provides nutrients our bodies need.

To have a healthy diet without counting kilojoules, focus on eating a wide variety of nutritious food from each of the food groups:

fruits, vegetables, breads and cereals, reduced fat milk and milk products, and lean meat and protein.

Look at the Australian Guide to Healthy Eating for serve sizes of each of the food groups and to learn more about the core food groups and the important nutrients they provide.



## CUT BACK ON ALCOHOL

It's easy to forget that we take in energy (kilojoules) through drinks as well as food. You can drink a lot of kilojoules without realising it. Alcoholic drinks such as beer, wine and spirits contain a large amount of energy (kJ) as well as sugar. We should limit these for good health and to maintain a healthy weight.

Alcohol does not provide our bodies with any extra nutrients. In fact, drinking alcohol can increase the amount of vitamins and minerals our bodies need.

If you choose to drink, aim for no more than two standard alcoholic drinks on any day. More than this increases your lifetime risk of harm from alcohol-related disease or injury (such as stroke, some cancers, heart disease).

### Are 'low carb beers and wines' a better choice?

Alcohol itself contains a lot of energy (kJ). To drink less energy, choose a beverage with lower alcohol content such as a light or mid-strength beer, or replace alcoholic drinks with water.

**If we were to have one of these drinks each day for a year, the potential equivalent weight gain in one year would be:**

375ml full strength beer



5.7  
KG

150ml glass of wine (red/white)



4.2  
KG

375ml pre-mixed alcoholic soft drinks



10.9  
KG

### How much energy is in alcoholic beverages?



1.5 Choc Biscuits



**Full-strength beer**  
(approx. 5% alcohol)  
= 1.4 standard drinks  
= 580kj

0.5 Choc Biscuit



**30ml Nip Spirits**  
= 1 standard drink  
= 260kj



1 Choc Biscuit

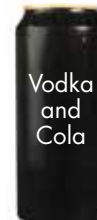


**Low-strength beer**  
(approx. 2.1% alcohol)  
= 0.8 standard drink  
= 400kj

**Low-carb beer**  
(approx. 5% alcohol)  
= 1.4 standard drinks  
= 450kj



**150ml Wine**  
(approx. 13.5% alcohol)  
= 1.5 standard drinks  
= 430kj



**375ml Can of pre-mixed spirits**  
(approx. 13.5% alcohol)  
= 1.5 standard drinks  
= 989kj



Eating snack foods and mixing with other drinks will add even more to your overall kilojoule intake such as soft drinks and juices (ie. mixers) and snack foods; potato chips and pastries.

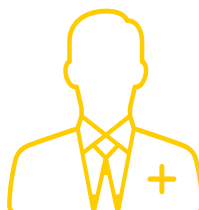
## CUT BACK ON SALT

Our bodies need salt to function normally, but we need to be careful of how much we eat. Too much salt can increase our blood pressure, our risk of heart disease, stroke as well as stomach cancer.

### How much salt do I need?

We don't need to add salt to anything for our health.

We can easily get our daily salt requirement from the natural salts found in fresh foods without having to add it to meals or when cooking.



High blood pressure causes our hearts to work harder and can lead to heart failure. Many people who have high blood pressure will not know it because they can't feel it!

This is why it is important to have regular check-ups with your doctor.

### Here are some tips to reduce the amount of salt we eat:

**Instead of adding salt when cooking, add flavour with fresh or dried herbs and spices.**



**Limit eating processed foods.**

High levels of salt are often added to packaged foods to enhance flavour or as a preservative. Choose low salt, reduced salt or no added salt varieties of these foods.



To check how much salt is in products you buy, compare numbers in the Avg Quantity per 100g sodium column of the nutrition information panel.

Best	Okay	Poor
Less than 120mg	120 - 400mg	More than 400mg

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

## CUT BACK ON SUGAR

Sugar is a type of carbohydrate. Our bodies need carbohydrates for energy. However, eating too much sugar can lead to weight gain and tooth decay.

### Where do we find sugar?

#### Natural sugars in foods

##### Fruit and milk products

High in nutrients – vitamins, minerals, fibre or calcium.  
We should eat these foods every day.



#### Sugar added to food

##### Processed foods

These foods are unhealthy and high in energy (kJ). They don't have other nutrients we need such as fibre, vitamins and minerals. We should avoid these foods.



### If we choose to buy packaged food, how do we know which is best?

#### The best choices are those low in refined or added sugar.

Some healthy foods which provide vital nutrients such as breakfast cereals and yoghurts are sweetened with naturally occurring sugar (fruit) or added sugar. When selecting breakfast cereals and yoghurt, choose those with no added sugar by checking the ingredients list. Naturally occurring sugars from milk and fruit is okay.



#### 'No added sugar' claims.

Caution – No added sugar on labels can be misleading as food companies can use other ingredients such as fruit concentrate or honey, which are classified as added sugar.



#### Hidden sugars

Sugar might not be evident on the ingredients list as it can go by many names as shown on the list below. The product can be higher than in total sugar than anticipated. Check the nutrition label.

### To know which products are high or low in sugar:

- 1 Check the ingredients list. Sugar could be present in other forms.
- 2 Check the nutrition information panel to compare products for sugar. Remember the sugar value does not separate added sugars and natural sugars.

To check how much sugar is in products you buy, compare numbers in the Avg Quantity per 100g column of the nutrition information panel.

Best	Okay	Poor
Less than 5g	5 - 15g	More than 15g

### Other names for sugar

Raw or Brown sugar	Honey
Corn syrup	Invert sugar
Cane sugar	Lactose
Dextrose	Malt
Disaccharides	Malt extract
Fructose	Molasses
Glucose	Sorbitol
Golden syrup	Sucrose



# TYPE 2 DIABETES

## and the link between overweight and obesity



### What is overweight and obesity?

Overweight and obese are terms used to describe the body weight of people who are carrying excess body fat. To determine whether someone is overweight or obese, their body mass index (BMI) is calculated using their height and weight.

Becoming overweight or obese happens gradually as a result of either:

- consuming more energy (kilojoules from food and drinks) than your body needs
- consuming more energy (kilojoules from food and drinks) than your body uses by being active
- a combination of both.

Overweight and obesity is harmful to health as it increases a person's risk of chronic diseases including cardiovascular disease, type 2 diabetes and some cancers. It also increases their risk of other health issues, including high blood pressure, gallbladder disease, fertility problems, lower back pain and sleep apnoea.

The more excess weight a person is carrying, the higher their risk of health issues.

Want to find out if you are in the healthy weight range? Learn more at [www.livelighter.com.au/bmi](http://www.livelighter.com.au/bmi).

### What is type 2 diabetes?

Type 2 diabetes is a serious condition that results when the body can't adequately store glucose (sugar) in cells. Glucose is needed by cells for energy and to complete their daily functions.

Type 2 diabetes is caused when the hormone insulin needed to store glucose (sugar) in cells doesn't work as it should or isn't produced in large enough quantities. This causes excess glucose to build up in the bloodstream, which is harmful to health. Over time, high blood sugar levels can damage the body's organs.

Despite typically occurring in older adults, the rate of type 2 diabetes is continuing to increase among young adults and children.

### What causes type 2 diabetes?

Although there is no direct causal link for type 2 diabetes, the following lifestyle conditions increase a person's risk:

- ▲ Overweight and obesity
- ▲ Poor diet
- ▲ Lack of physical activity
- ▲ High blood pressure
- ▲ Smoking
- ▲ Body shape ('apple' shapes are at increased risk)

In addition to lifestyle factors, genetics and age are also contributing risk factors.

Please note that type 1 diabetes is a condition that means the pancreas cannot produce any insulin. It has a different cause and treatment than type 2 diabetes and should not be confused with type 2 diabetes. Type 1 diabetes is not caused by lifestyle factors such as overweight and obesity.

For further information regarding causes and management of diabetes, see Diabetes Victoria or Diabetes Australia websites.



# TYPE 2 DIABETES

## The link between overweight and obesity

### How is type 2 diabetes related to overweight and obesity?

There is an increased risk of type 2 diabetes for people carrying excess weight, particularly if it's stored around the waist and vital organs.

Excess weight acts as a barrier to insulin, reducing its effectiveness in controlling blood sugar levels.

Being overweight or obese also puts strain on the pancreas, which is the organ responsible for releasing insulin into the blood. It causes the pancreas to release more insulin to control sugar levels. Over time, this can cause the pancreas to 'wear out', making it harder to produce enough insulin to control blood sugar levels.

It's these increased blood sugar levels, which over time result in type 2 diabetes.

### What can I do to reduce my risk of overweight/obesity?

Our weight generally comes down to two factors: how much we eat and drink (energy in) and how active we are (energy out). It is all about achieving a balance. If you are aiming for weight loss, increase energy out (by being physically active) and reduce energy in (by eating healthy food).

To achieve and maintain a healthy weight, the best things you can do are to:

- ▲ Eat a variety of nutritious foods from the Australian Guide to Healthy Eating
- ▲ Limit intake of foods high in saturated fat, added sugar and salt
- ▲ Be physically active every day



For good health and to help you reach your healthy weight goals, we recommend following our top tips to LiveLighter®:

- ▲ Watch your portion size
- ▲ Avoid sugary drinks
- ▲ Sit less
- ▲ Cut back on salt
- ▲ Cut back on alcohol
- ▲ Watch the fats you eat
- ▲ Go for 2 fruit and 5 veg
- ▲ Cut back on added sugar
- ▲ Choose healthy snacks
- ▲ Be active every day

Working to achieve a healthy weight will help to lower your risk of chronic disease. However, it is important to note that no matter what your size or weight is, being physically active and eating well will improve your health.

If you think you are overweight or obese, we encourage you to see your doctor or an Accredited Practising Dietitian for personalised advice.

For more information on how to achieve and maintain a healthy weight for good health, visit the following websites:

- LiveLighter®: [www.livelighter.com.au](http://www.livelighter.com.au)
- Eat for Health: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- Heart Foundation: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)
- Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)
- Diabetes Australia: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

## THE HEALTHIER WAY TO EAT OUT

Unlike packaged food, food bought from cafes and restaurants does not have to show nutritional information, so choosing the healthier options may not always be obvious, or easy. However, eating out can be enjoyable and healthy.

### Don't skip meals before heading out to eat

Skipping meals can make you hungrier later and choose more unhealthy options. You're more likely to eat more than you need. It's better to eat balanced, regular meals throughout the day.

### Watch how much you eat

- Order from the menu instead of heading towards the "all you can eat buffet".
- Order an entrée size meal rather than a main course, or share with a friend.
- Fill up on your side orders of salad or vegetables.
- Eat your food slowly and stop before you feel full.

### Ask some questions & know what you're getting.

Here are some tips to order a tasty, healthier meal:

- What's in the dish?
- Can you swap fries for a healthier side? e.g. roast potatoes, salad or vegetables
- Ask for dressings and sauces to be placed on the side
- Can you have a smaller portion of meat and larger portion of salad/vegetables?
- How is it cooked? Can the dish be grilled rather than fried?

### Be prepared

Here are some healthy swaps you can make when eating out:

#### Starters



#### Mains



#### Desserts



#### Extras



### Healthier drink options

Tap, mineral or sparkling water flavoured with fresh lemon, lime or orange wedges.

Avoid sugary drinks and drinking alcohol where possible.



## WATCH THE FATS YOU EAT

Fats are an important part of a healthy diet. All fats are high in energy (kilojoules), and different types of fats have different effects on our bodies, so we also need to watch the type of fats we eat as well as how much we eat.

### Saturated fats



For health, we should be limiting the saturated fats in our diet as they can raise cholesterol levels and increase risk of cardiovascular disease.

**We shouldn't cut all fat from our diets, but choose healthy (good) fats high in mono + poly-unsaturated fats to keep our bodies healthy.**

### What about trans fats?

Trans fats are found both naturally and in manufactured products. The problem with manufactured trans fats is that they behave like saturated fat and can increase cholesterol levels.

#### Limit these foods to avoid trans fats



	Best	Okay	Poor
<b>Total Fat</b>	Less than 3g	3 - 10g	More than 10g
<b>Sat Fat</b>	Less than 1.5g	1.5 - 3g	More than 3g

### Unsaturated fats

Unsaturated fats (polyunsaturated and monounsaturated fats) lower your cholesterol and provide essential fatty acids which are important for good health.

#### Polyunsaturated fats are found in foods such as:



Tuna

Tahini

Sunflower oils

**Omega-3 fatty acids belong to this group of good fats. The best source of Omega-3 is oily fish such as tuna, mackerel and salmon.**

#### Monounsaturated fats are found in foods such as:



Avocado

Olive and Canola oils



## WATCH YOUR PORTION SIZE

To be a healthy weight, you need to watch the amount of food that you eat to make sure you aren't eating too much.

**We may think bigger serves are better value for money, but they're actually costing our health a great deal more!**



Bigger portions mean we consume more energy (kJ). This is an even bigger problem when we eat highly processed snack food, take away foods and sugary drinks.

### Tips to eat healthy portion sizes:

- Use a smaller plate.
- Avoid going back for seconds and freeze leftovers straight away.
- Still hungry? Have a glass of water. If you're still hungry, try a healthy snack such as a piece of fruit.
- Eat at the table, not in front of the TV.
- Aim to fill half your plate with veg, one quarter with meat and alternatives (e.g. chicken, fish, legumes or tofu) and the last quarter with cereals and grains (e.g. rice, pasta, bread).

Packaged food, take-away food and restaurant meals have been getting bigger and bigger, and are now served in very large portions.



When eating out, try ordering an entree size or share a main meal with a friend.

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# WEIGHT, FERTILITY & PREGNANCY HEALTH



**The prevalence of obesity is increasing at alarming rates in Australia. Obesity in both females and males significantly increases the risks of infertility and is associated with greater usage of costly fertility treatments.**

**If you are trying to get pregnant, or are going to start trying, achieving a healthy weight or getting closer to it increases your chance of conceiving (getting pregnant) and having a healthy baby. These facts can assist in your family planning and help with your efforts towards achieving a healthy weight.**

### **What is the ideal weight for conception?**

The ideal weight for conception is different for everyone. Body mass index (BMI) is a number based on your height and weight. The healthy BMI range is between 18.5 and 24.9. If you don't know your BMI, you can find out at the LiveLighter website.

### **Being overweight**

Compared with women in the healthy weight range, women who are carrying extra weight are less likely to conceive. They are also more likely to take more than a year to get pregnant.

Being overweight can affect your fertility by causing hormonal imbalances and problems with ovulation (releasing an egg from the ovaries). Obesity is also associated with Polycystic Ovary Syndrome (PCOS), a common cause of subfertility or infertility. See the Your Fertility website and the Jean Hailes Foundation for Women's Health website for more information on PCOS.

The environment in which eggs and sperm develop also influences the future baby's health. Having a lot of extra body fat is harmful to this environment. Getting into shape before conception increases the chance of the baby being healthy at birth and into adulthood.

Not only does obesity increase the likelihood of infertility, it is well documented that obesity and excess weight gain during pregnancy is associated with an increased risk of adverse maternal and foetal outcomes. A number of pregnancy complications are associated with the mother being overweight or obese. This includes increased risk of miscarriage, high blood pressure, pre-eclampsia, gestational diabetes, infection, blood clotting, need for induction of labour, Caesarean birth and stillbirth. Babies born to overweight or very overweight mothers have increased risk of childhood obesity and long term health problems.

If your BMI is above the healthy range it is important to remember that even a modest weight loss will increase your chance of conceiving and having a healthy baby.

### **Being underweight**

Having a BMI under 18.5 is considered underweight. Being underweight can reduce a woman's fertility by causing hormone imbalances that affect ovulation and thereby the chance of getting pregnant. Compared to women in the healthy weight range, underweight women are more likely to take more than a year to get pregnant. If you are underweight and trying to conceive, an accredited practicing dietitian can help you put on weight. Dietitians Association of Australia (DAA) and Better Health Channel have helpful information for gaining weight.



## WEIGHT, FERTILITY & PREGNANCY HEALTH

### Weight and male fertility

Being very overweight, can also affect a man's fertility. For men, getting into shape at least three months before conception can improve the chance of conception and the health of the future baby.

### Getting ready for pregnancy

If you are planning to get pregnant it is best to start a healthy eating and exercise plan now to increase the odds of getting pregnant and having a healthy baby. By making healthy changes to your diet and increasing your daily physical activity, you'll be on your way to a healthy weight.

Small steps to a healthy weight:

- Swap sugary drinks and alcohol for water.
- Eat fast food less often and make healthier choices when you can.
- Make half your plate vegetables at lunch and dinner.
- Use a smaller plate to help reduce your portion sizes.
- Get moving every day. Fit in regular physical activity like walking to the shops, taking the stairs and walking with a friend.
- Spend less time sitting by getting up regularly while using a computer or mobile device and swapping 'screen time' for other activities.
- Choose healthy snacks like fruit, low fat yoghurt or a small portion of plain nuts.
- Choose reduced-fat dairy and lean meat.
- Set a realistic weight goal- it can help you feel motivated and active. Aiming for weight loss, 0.5-1 kg per week is a good goal.

- Start a healthy eating and exercise plan together with your partner to increase the odds of getting pregnant and having a healthy baby.

It's good to remember that making these lifestyle changes are good for you, even if they don't lead to weight loss or you are already a healthy weight. For more help on how to get started you may want to look at the LiveLighter top tips, healthy recipes or the meal and activity planner.

Please note: This fact sheet is about losing weight before getting pregnant. If you're already pregnant and want to lose weight it's important to talk to your doctor or a dietitian first.

### References

**BMI calculator:** <https://livelighter.com.au/tools-and-resources/calculate-your-risk>

**LiveLighter:** <http://livelighter.com.au/top-tips/>  
<http://livelighter.com.au/tools-and-resources/meal-and-activity-planner/>

**Your Fertility PCOS information:** <http://yourfertility.org.au/for-women/other-factors>

**DAA:** <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/underweight/>

**Better Health Channel:** [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Weight\\_and\\_muscle\\_gain?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Weight_and_muscle_gain?open)

**Jean Hailes Foundation for Women's Health:** <https://jeanhailes.org.au/>

### Notes

Your Fertility is a national public education campaign funded by the Australian Government Department of Health.

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# LIVELIGHTER SANDWICH BUILDER

Build delicious, healthy sandwiches to help you LiveLighter®!

## CHOOSE MOST

### FRUIT AND VEG

Have them raw, cooked or canned, and aim for a variety of colours and textures.



Tomato



Celery



Cucumber



Carrot



Pumpkin



Beetroot



Apple/pear



Spinach



Capsicum



Mixed greens



Snow peas



Alfalfa sprouts



Mushroom



Avocado\*



Onion

## CHOOSE SOME

### BREADS

Wholegrain, wholemeal and high-fibre white varieties are the best choice. Try something different each time!



Bread roll



Bread



Wrap



Rice cakes



Crackers

### MEAT AND MEAT ALTERNATIVES

Choose lean and low-fat options. Remember that there should be more veg than meat in your sandwich!



Chicken



Lean meat



Egg



Reduced-fat cheese\*



Fish

## ADD A LITTLE

### TASTY SPREADS

These yummy spreads add excitement to your healthy sandwich.



Hummus\*



Low-fat mayonnaise\*



Pesto\*



Low-fat cottage or ricotta cheese\*



Chutney or salsa\*

Supported by



\*Use sparingly as these ingredients can be high in salt, fat and/or sugar  
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# SOME OF OUR FAVOURITES

## Pesto chicken wrap

**Preparation time: 5 minutes / Serves: 1**

### Ingredients

- ▲ 1 wrap
- ▲ 1-2 teaspoons basil pesto
- ▲ 90g cooked chicken
- ▲ ¼ medium Lebanese cucumber, sliced thinly
- ▲ ¼ medium red capsicum, seeded and sliced
- ▲ ¼ cup alfalfa sprouts, washed and dried

### Method

Spread pesto down the centre of the wrap.  
Layer ingredients, fold the wrap over and roll up.



## Roast beef and chutney sandwich

**Preparation time: 5 minutes / Serves: 1**

### Ingredients

- ▲ 2 slices grainy or wholemeal bread
- ▲ 1-2 teaspoons chutney
- ▲ 90g roast beef, sliced
- ▲ 4 slices canned beetroot
- ▲ ½ medium carrot, peeled and grated
- ▲ Large handful of rocket or other salad leaves, washed and dried

### Method

Spread chutney onto one slice of bread. Add other ingredients in the order listed. Make sure that the beetroot and carrot are not touching the bread to avoid a soggy sandwich. Top with the remaining slice of bread.



## Cheese, sundried tomato and salad roll

**Preparation time: 5 minutes / Serves: 1**

### Ingredients

- ▲ 1 wholegrain or wholemeal roll
- ▲ 2 thin slices of reduced-fat cheese
- ▲ 2 halves sundried tomato, sliced
- ▲ ½ medium Lebanese cucumber
- ▲ Large handful of mixed lettuce, washed and dried

### Method

Pat all ingredients dry with a paper towel. Cut bread roll in half.  
Over the base, add cheese, sundried tomato, cucumber and mixed lettuce and sandwich with the top.



**AVOID**

# SUGARY DRINKS

Sugary drinks are very high in sugar.



Drink		Teaspoons of sugar
Soft drink 600mL bottle		
Sports drink 600mL bottle		
Fruit drink 350mL bottle		
Energy drink 250mL can		

Choose drinks without added sugar such as:



Water ✓



Tea\* ✓



Coffee\* ✓



Plain reduced-fat milk



Water with lemon, mint, strawberry or cucumber

\*without sugar is best



# BE ACTIVE EVERY DAY

Find **30 minutes** a day to move more and sit less!



Here's how:



✓ Walk to the shops



✓ Start by exercising 10 minutes at a time



✓ Take the stairs



✓ Stand up and stretch every hour



✓ Stand or walk around while on the phone



✓ Stand up on the train, bus or tram



✓ Walk the kids to school



✓ Go for a walk at lunch time



✓ Park a few blocks away and walk the rest



✓ Do some gardening

**GO FOR**

**2 FRUIT & 5 VEG**



Fruit and vegetables help us stay healthy and can stop us putting on weight.

**Have 2 serves of fruit and 5 serves of vegetables every day**

### What is a serve?

One serve is:

#### Fruit



#### Vegetables



# Physical activity

Regular physical activity is one of the most important things you can do to improve your health and help manage your diabetes.

The more physically active you are, the greater the health benefits will be. However, any activity, even at a slow pace, can have health benefits, and some activity is better than none at all.



## Benefits of physical activity

Physical activity plays a vital role in helping the body use glucose as fuel for the working muscles, which in turn lowers blood glucose levels.

When the body starts to exercise, the muscles need energy to move. This energy comes from glucose in the blood as well as glucose stored in the muscles and, occasionally, from stores in the liver.

There are plenty of other benefits of regular physical activity, including:

- » reducing the risk of heart disease and stroke
- » lowering cholesterol levels
- » helping to lower blood pressure
- » assisting with weight loss and maintaining a healthy weight
- » slowing age-related loss of muscle mass
- » preventing osteoporosis and risk of falls
- » increasing strength, power and balance
- » improving mood
- » helping circulation in lower limbs.

## Types of physical activity

Doing a combination of different types of physical activity has proven benefits for managing diabetes. There are two main types of physical activity: aerobic exercise and resistance exercise.

**Find this resource at [ndss.com.au](https://ndss.com.au)**

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NDSSFS035

## Aerobic exercise

Aerobic exercise is any activity that involves large muscle groups working at a pace that can be sustained for more than a few minutes. It gets your heart and lungs working harder. Examples include walking, dancing, aerobic exercise classes, cycling and swimming. For some people, moderate or intense aerobic exercise is not suitable. Light aerobic exercise may be a good alternative. Examples include yoga, lawn bowls, and choosing to walk up the stairs rather than take the lift.

## Resistance exercise

Resistance exercise involves working your muscles against a load or resistance. This can be your own body weight (such as moving from sitting to standing or doing squats or wall push-ups) or using equipment to provide resistance (such as machine weights, dumbbells, cans of food or resistance bands). Talk to a qualified exercise professional about a resistance program to suit your needs.

## How often should you exercise?

Ideally, aim to do some aerobic exercise on most – preferably all – days of the week, and resistance exercise two or three times a week.

## How hard do I need to exercise?

It's important to think about exercise intensity – or how much effort you put in – during physical activity. You need to exercise at a moderate level of intensity to get the most benefit from being active.

A good way to work out your level of intensity is to use a scale between 0–10:

- » **Moderate Intensity (3–4 out of 10)**  
Requires some effort and causes an increase in your breathing but you can still hold a conversation (for example brisk walking, cycling).
- » **Vigorous intensity (5+ out of 10)**  
Involves activities that make you breathe harder, puff and pant (for example jogging, circuit classes).

## How long do I exercise for?

The target amount of exercise will vary according to your goals and your initial level of fitness. If you currently do no physical activity, start by doing some activity and then gradually build up. You could start by joining together short blocks of exercise, such as combining a 15 minute walk with 15 minutes of cycling to make 30 minutes of moderate exercise.

Put together:

- » at least 30 minutes of moderate intensity aerobic activity every day of the week (that is, 210 minutes a week) **OR**
- » 40–45 minutes of vigorous intensity aerobic activity on at least three days of the week (that is, 125 minutes a week) **OR**
- » a combination of moderate and vigorous aerobic activity **PLUS**
- » 2–3 sessions of resistance training each week.

Spending too much time sitting down can have a negative effect on your health, regardless of whether you are meeting the recommended physical activity guidelines. It's important to minimise the amount of time spent sitting. Break up long periods of sitting as often as possible to reduce your health risks.





## Tips to help you be more active

- Plan the times and set the days to do your exercise, like an appointment.
- Exercise with a friend, family member or in a group.
- Increase your day to day activity such as walking all or part of the way to work or the shops.
- Set yourself an exercise goal and keep an exercise diary to track your progress.
- Use an activity tracker (step-counting device) to record your steps each day.
- Stand and move about while talking on the phone or during TV ad breaks.
- Look for opportunities to stand rather than sit (for example at work meetings).

## Starting a new exercise program

Before starting any new exercise or activity program, check with your doctor to make sure it's suitable for you.

If you are on insulin or other glucose lowering medications, you may need to take special precautions when exercising, to prevent your blood glucose level from dropping too low (hypoglycaemia or a hypo). Make sure you discuss this with your doctor, endocrinologist (diabetes specialist) or diabetes educator.

If you have peripheral neuropathy (damage to the nerves, usually hands and feet), it is important to talk to your diabetes health care team before beginning or increasing exercise, to make sure you minimise the risk of ulcers and other complications.

If you experience any of the following symptoms, stop exercising and consult your doctor immediately:

- » chest pain
- » unusual breathlessness
- » nausea
- » dizziness
- » severe muscular or joint pain.

If you experience leg pain while exercising, stop and rest until the pain settles, and then resume the activity. Leg pain can be a sign of reduced blood flow to the lower limbs (also known as peripheral vascular disease). Talk to your doctor for more information.

## Exercise and diabetes

When you have diabetes, there are some extra things to consider before, during and after exercise.

### Blood glucose monitoring

If your doctor has asked you to self-monitor your blood glucose levels:

- » Check your blood glucose levels before and after exercise, and during exercise if it's for longer than 30 minutes. Your blood glucose levels may be lower for up to 48 hours after exercise.
- » Don't be worried if you see your blood glucose levels rise during brief, vigorous intensity exercise. This may persist for 1–2 hours after the activity.

### Adjusting Insulin doses

- » If you are using insulin, you may need to adjust your insulin doses for physical activity. Insulin adjustment varies from person to person, so discuss your exercise routine and insulin adjustments with your doctor or diabetes educator.



## High blood glucose levels

- » If your blood glucose level is higher than 15mmol/L, and you are unwell, it is recommended that you avoid exercise.
- » If you have type 1 diabetes and your blood glucose levels are higher than 15mmol/L, make sure you check for ketones before you exercise. It can be dangerous to exercise when blood glucose levels are high and/or ketones are present. Follow the advice of your diabetes health professionals about extra insulin doses to help bring your blood glucose levels back into the target range.

## Remember

It's important to stay well hydrated before, during and after exercise.

Make sure you have appropriate footwear and check your feet at least once a day. A podiatrist can provide you with more information.

If you are exercising alone, stay safe by carrying a mobile phone with you.

## Hypoglycaemia

If you are using insulin or other blood glucose lowering medications you may be at risk of a hypo. This occurs when your blood glucose level drops below 4mmol/L.

- If you have a hypo, it is important to treat the hypo and delay exercise until your blood glucose level is in the target range.
- If your blood glucose levels before exercise are between 4 and 6mmol/L, you may need to have extra carbohydrate foods before you exercise. You may also need extra carbohydrate during and after physical activity (depending on how long you are exercising for) to reduce your risk of hypos. Ask your diabetes educator or dietitian for advice.
- Make sure you have some easily absorbed carbohydrate available (such as jelly beans, glucose tablets or gels) so you can treat a hypo if necessary.



## More information

Ask your doctor if you are eligible for a rebate from Medicare to see an exercise physiologist. Private health funds may also offer rebates for exercise physiologists – check with your health fund provider.

If you would like more information about physical activity and would like to see a qualified exercise physiologist, go to [essa.org.au](http://essa.org.au) to find one in your area.

**Everyday activities such as gardening, washing the car and housework are great ways to keep active.**

## The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.

# GOAL

# SETTING



## Goal setting

Many of our food and exercise habits have taken a long time to form, and changing them can be hard. Goal setting has been shown to help motivate you and keep you focussed. Follow these five steps to write a helpful goal.

### 1. Make it S.M.A.R.T

**Specific:** Have an exact goal in mind, rather than something vague. For example, "be able to run around the oval without stopping" is a more specific goal than "be fitter".

**Measurable:** You need to be able to measure your goal so you will know when you have achieved it. For example, "have a maximum of one sugary drink per week" is measurable, but "don't have many sugary drinks" isn't.

**Achievable:** Be realistic about what you can do. It's better to set small goals and then build on them than to set a goal that is far out of your reach.

**Relevant:** Will this goal make you healthier and happier? Does it fit in with your lifestyle and the things that are important to you?

**Timely:** Put a date on your goal. This might be for when you would like to achieve your goal or when you will have started working towards it. For example, "I will lose 1 kg in the next four weeks", or "by Monday night I will have prepared healthy snacks for the rest of the week".

### 2. Double check your goal

List the good things and the bad things about your new goal. If the bad things about the change outweigh the good things, maybe choose a different goal. You might be ready to tackle that one some other time.

Example: Going for a 30 minute walk every morning

	Positives	Negatives
Making a change and going for a walk	Could lose weight Have more energy for my kids	It's cold in the morning Might get less sleep or will have to go to bed earlier
Staying the same	Get to sleep-in in the morning Don't have to make any effort	Won't get fitter Continue to gain weight

### 3. Set yourself up for success

Changing a habit takes some effort! Give yourself the best chance possible and do some planning.

What do you need to do to achieve your goal? Making lists can be helpful. For example, if your goal is to eat at least five different vegetables a day, make sure you buy the vegetables in advance.

Check your calendar; what else is coming up in your life? It may be better not to start on a new goal if you can spot short-term risks to success, like a holiday or significant birthday in the next week or two.

There are often many barriers to achieving a goal. If you think about the things that could get in the way of achieving your goal in advance, you'll be better prepared to tackle them.

### 4. Share

Share your goals with other people. They can help remind you and keep you motivated. If friends and family can join in to help you achieve your goals it will be easier and more fun. They might get healthier too.

### 5. Celebrate

Reward yourself when you achieve your goals. Whether it's a new outfit or a massage, find some non-food reward that fits your goals and your budget. This will help motivate you to keep up your good work. Before you know it, it will be a habit and be easier to maintain.

If you don't achieve your goals, don't beat yourself up. It is rare for people to succeed completely the first time. In hindsight, your goal may not have been achievable. Think about what you can do differently next time and learn from your experience. Most importantly, keep trying!

For extra support making and achieving your goal, check out My Healthy Balance at [www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)

## My Goal. (make it S.M.A.R.T.):

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---

Three things to do to achieve my goal:

1. 

---
2. 

---
3. 

---

I will know I have reached my goal when:

---

Double checking my goal

	Positives	Negatives
Making a change		
Staying the same		

Possible barrier:

---

How I will get around this:

---

Why I want to achieve this goal:

---

Reward for achieving my goal:

---

I will share this goal with:

---

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