

**“  
BUT YOU CAN LOSE YOUR BELLY  
WITHOUT LOSING OUT ON  
THE THINGS YOU LOVE,  
JUST BY BECOMING a SWAPPER!  
COME ON, YOU’VE GOT  
TOO MUCH TO LIVE FOR!  
”**

Healthy eating and getting active can help you lose centimetres from your waistline and prevent or delay the onset of some chronic diseases.

There are some simple everyday changes you can make to get you on your way to a healthier lifestyle.

**You don't have to stop it, just swap it.**



## **BUT DON'T FORGET**

### **Be realistic**

Don't give up before you start to see the benefits. Be patient and keep at it. Set a series of goals and work towards them. Reward yourself when you get there.

### **Small steps**

Start with small swaps that can be easily incorporated into your everyday lifestyle. How many small swaps can you make today? Remember – small swaps add up to small changes that get easier over time and show results.

## **need a HELPING HAND?**



You will find free resources to help you make changes towards a healthier lifestyle at **[australia.gov.au/swapit](http://australia.gov.au/swapit)**

- Try the 12 week planner
  - To help you build and maintain healthy habits for life
  - Download the planner or the free interactive iPhone App
- Get tips to help you 'swap it'
  - Practical and simple ideas you can apply to your everyday life
- Free Recipes
  - Find recipe ideas that are healthy and quick to prepare
- More information on healthy eating and physical activity
- Share your success stories and tips!

**START SWAPPING TODAY -  
IT'S EASIER THAN YOU THINK.**



**Australian Government**

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All information in this publication is correct as at March 2011

# **HOW TO LOSE YOUR BELLY WITHOUT LOSING OUT**



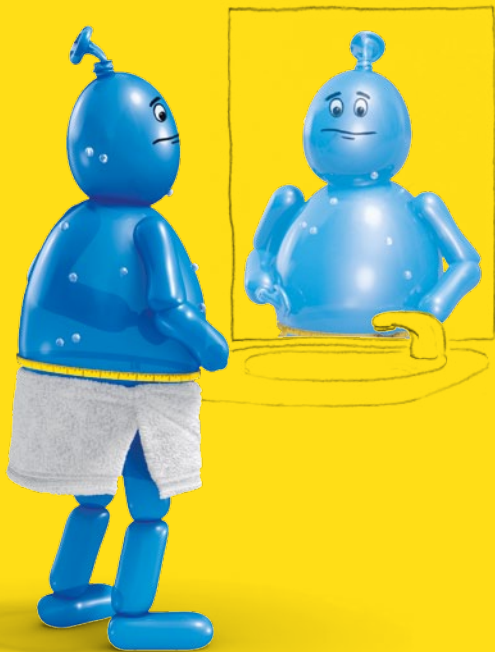
**SWAP IT  
DON'T STOP IT**

australia.gov.au



HI, I'M ERIC.

IF YOU'RE LIKE ME,  
OVER THE YEARS YOU'VE  
STARTED PUTTING IT ON  
... AND ON.



Did you know that carrying excess weight around your waist can increase your risk of developing a lifestyle-related chronic disease such as type 2 diabetes, heart disease and some cancers?

A waist measurement of over **80 cm** for women and **94 cm** for men puts you at risk.

How do you measure up?

START THINKING LIKE a

# SWAPPER!



THINK ABOUT ALL THE SWAPS YOU CAN  
MAKE IN YOUR EVERYDAY LIFE – AT WORK,  
AT HOME OR OUT SHOPPING.



## SWAP BIG FOR SMALL



- Don't overcrowd your plate
- Think twice before going back for seconds
- Eat slowly to give your stomach time to signal it's full
- Share a dessert rather than have your own



## SWAP SITTING FOR MOVING



- Walk and deliver a message rather than email
- Take the bike for short trips instead of the car
- Park the car further away and enjoy a short walk
- Get off the bus one stop earlier and walk the rest of the way



## SWAP OFTEN FOR SOMETIMES



- Swap fried food for fresh
- Swap fizzy drink for water
- Swap take-away for home-made
- Eat less 'sometimes' food



## SWAP WATCHING FOR PLAYING



- Don't just watch sport – get out and get active!
- Meet friends for a walk instead of coffee and cake
- Get outdoors with the family – go to the park or for a bike ride
- Swap a family movie for bowling

**NOW YOU'VE BECOME A SWAPPER – SWAP IT, DON'T STOP IT!**