



Australia's Healthy Weight Week January 24-31, 2010

Australia's Healthy Weight Week (AHHW) is over for another year and what a success it has been! Over 2000 people committed to making a change via the AHHW website and we distributed more resources than ever before including in excess of:

- 5000 reusable shopping bags
- 18 000 AHHW brochures
- 2500 AHHW promotional posters
- 2200 Food & Exercise records

Events and activities around the country

There were lots of events around the country both in the community and in workplaces - see below for some great examples!

Border Express

Border Express Pty Ltd is an interstate transport and distribution company. They distributed 700 AHHW reusable bags nationally. Each bag included an A5 AHHW brochure, a water bottle an orange and a muesli bar and it looks like they were well received!



<http://www.healthyweightweek.com.au/index.asp?pageID=2145868069#border-express-pty-ltd>