



## 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>