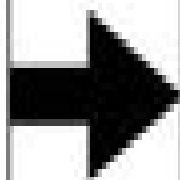


## Measure Up 2008-2010

This campaign highlighted the link between increased waist measurement and the risk of chronic disease, such as heart disease, some cancers and Type 2 diabetes.



More information:  
[www.measureup.gov.au](http://www.measureup.gov.au)

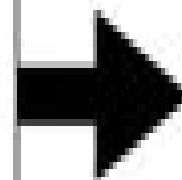


## Swap It, Don't Stop It 2011-2013

This campaign built on the awareness created by the Measure Up campaign and showed people how they can make small lifestyle changes to improve their health.



More information:  
[www.swapit.gov.au](http://www.swapit.gov.au)



## Shape Up Australia 2013 - present

*Shape Up Australia* is an initiative through which the Australian Government will partner with organisations to support healthy lifestyle choices.



More information:  
[www.shapeup.gov.au](http://www.shapeup.gov.au)

# Shape Up Australia

**B Lingard**



**Shape Up Australia:**

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