



Dear New Member

On behalf of Healthway, I would like to congratulate you on your decision to become a member of Masters Swimming WA. Your membership is a positive step towards a healthier life, meeting new people who share your interest in swimming and of course, developing your swimming strokes.

Healthway's partnership with Masters Swimming WA provides us with a great opportunity to promote the *LiveLighter* health message. *LiveLighter* aims to encourage healthy eating and regular physical activity among WA adults and to increase awareness that being overweight is not healthy and can lead to chronic disease.

Around two thirds of WA adults are either overweight or obese so the *LiveLighter* message is very relevant to many of us. *LiveLighter* offers plenty of tips and advice to show you how you can take action to 'LiveLighter'. For more information, visit www.livelighter.com.au.

Healthway looks forward to supporting you through your Masters Swimming WA membership to *LiveLighter*. Enjoy your swimming.

Yours sincerely

A handwritten signature in black ink that reads "Susan Hunt".

Susan Hunt PSM
Chief Executive Officer



Street Level 2, 38 Station
Street, Subiaco

Postal PO Box 1284
West Perth
WA 6872

Call (08) 9488 6700
State-wide 1800 198 450

healthway@healthway.wa.gov.au
www.healthway.wa.gov.au
wa.gov.au
ABN 24 538 749 304