



**Be inspired to adopt a healthy attitude  
Introducing the Healthy Food & Lifestyle Show**

**Diary Note**

**December, 2009**

With the nation piling on the pounds and only five percent of all Australians meeting physical activity and nutrition guidelines, there's never been a better time for the launch of the **Healthy Food & Lifestyle Show**.

Taking place from **Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> April, 2010** at the Melbourne Exhibition Centre. Endorsed by The Heart Foundations and Nutrition Australia, the Show is exclusively dedicated to promoting healthy food and fun activities to help you lead a healthy longer life. Taste flavoursome foods bursting with nutrition, be inspired by interactive healthy food cooking demonstrations and get personalised nutritional advice. Plus there's free general well-being check-ups, great prizes to be won and you can participate in exercise activities. The Show will inspire those looking to change, improve or simply sustain a healthier lifestyle.

An exciting line-up of high-profile experts including chefs, nutritionists, doctors and personal fitness instructors (to be announced in January 2010) will be on hand delivering invaluable advice to Show visitors.

Highlights of the three day Show include:

- **Wellness seminar stage** - Free seminars featuring high profile speakers covering the hottest topics in healthy foods, weight loss and fitness.
- **Cooking stage** - Chefs and restaurateurs conducting free classes using delicious healthy cooking methods and recipes.
- **Activity zone** - Continuous free demonstrations and classes including Zumba, weight training, pilates, meditation, tai chi, martial arts, dancing and yoga.
- **Healthy Food Workshops** – gain hands on experience utilizing fresh produce from the garden to the dinner plate in these intimate workshops.
- **Vitasoy author's café** - A place to relax over a cup of organic coffee or juice while listening to the latest book reviews from leading healthy food and wellbeing authors.
- **Express health check** - Visitors can have their free diabetes risk assessment, plus visitors can have their cholesterol measured, blood pressure taken and bone density measured.
- **Taste hundreds of delicious nutritious foods** – free samples to try the latest healthy products on the market.

**WHAT:** The first and only interactive and educational show in Australia exclusively devoted to promoting the combination of healthy food and active lifestyle options.

**WHEN:** Friday 9<sup>th</sup> April – Sunday 11<sup>th</sup> April 2010

**OPENING TIMES:** Open 10am – 6pm daily

**WHERE:** Melbourne Exhibition Centre, Southbank

**TICKETS:** Adult: \$18  
Concession: \$15  
Children under 14: Free

**WEB:** <http://www.healthyfoodshow.net.au>  
(New website launching in Jan 2010)

*For further information, images or to set up interviews with Show talent, please contact:*

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Fri 9 - Sun 11 April 2010  
Melbourne Exhibition Centre



[healthyfoodshow.net.au](http://healthyfoodshow.net.au)

