

LiveLighter and Badminton WA Competition

Background:

LiveLighter is a health campaign developed through partnership with the Department of Health, Heart Foundation and Cancer Council WA. The campaign aims to encourage people to eat well, be physically active and maintain a healthy weight.

Healthway and LiveLighter have a sponsorship with Badminton WA to increase awareness and understanding of the LiveLighter message, create healthy environments and encourage behaviour change leading to good health.

This competition's purpose is to encourage people to participate in Badminton WA tournaments and create discussion around nutrition and healthy choices. LiveLighter has a large collection of healthy recipes easily accessed through their website www.livelighter.com.au/Recipe. We encourage you to get inspired about fruit and vegetables, create something delicious and nutritious to fuel your Badminton tournament or training.

Good luck!

Eligibility and instructions:

The LiveLighter and Badminton WA competition will require entrants to:

1. Take part in a minimum of four (4) Badminton WA LiveLighter tournaments across the 2018 season
2. Submit a recipe that reflects the LiveLighter message (recipe can be submitted once the entrant has qualified, however prior to the closing date announced by Badminton WA).

Please find the online recipe template at <https://www.badmintonwa.org.au/livelighter>.

Competition categories:

One male and one female winner will be picked at random for each age group category (a total of 6 winners):

1. Young people (under 18 years)
2. Adults (18-54 years)
3. Seniors (55 years and over)

Prizes:

Each winner will receive the following:

1. Free entry to a Badminton WA 2019 tournament of your choice
2. \$100 voucher from SportsPower Mirrabooka (a specialist badminton retailer)