

Building a Better future

live life get active is very proud to have been recognized by the green Building council of australia as a service that builds positive, healthy and connected communities.

Launched by the Green Building Council of Australia in 2003, Green Star is Australia's only national and voluntary rating system for buildings and communities and its transforming the way our built environment is designed, constructed and operated.

The Green Star rating system assesses the sustainable design, construction and operation of buildings, fitouts and communities. Choosing Green Star can help save money, create a healthy place for people, minimise environmental footprint and build a better future for us all.



Why have they recognised us?

Live Life Get Active is a not for profit social enterprise that specifically looks at addressing health, fitness and happiness issues facing people today. Issues such as obesity, diabetes, stress and depression. We also seek to address the growing issue of social disconnection by bringing all sorts of people together and providing them with a sense of belonging in a welcoming environment. A "whole of community" initiative.

Our proposition is simple, get people up, moving and having fun in a group in a local park. Make them aware of their health issues, their lifestyle behaviours and get them to review how they eat. Live Life Get Active does this by providing FREE daily activity camps, FREE professionally tailored nutritional programs and FREE face-to-face personal fitness coaching. The total offering has proven to be highly effective in communities right across Australia and has been recognised by the Green Building Council of Australia as a means of engaging and facilitating community development.



how can live life get active help you earn points?

residential coMMunity

Points Qualification -

A Live Life Get Active Camp could facilitate points in either of the following areas. They cannot be added together.

- 1 community development -
1 point under liv 10.3 community events
- or
- 2 innovation challenge -
1 point under active living promotion

Business coMMunities

Points Qualification can be layered in this instance. For example, if the overall owner of a business park implements a Live Life Get Active Camp they qualify for a point under the one of the 2 areas outlined above. If each building supports the camp or facilitates additional camps they qualify for a point as well and if the tenants in the buildings each support or facilitate sessions they too can qualify for a point in either of the areas named.

if you would like to have a live life get active camp in your community please contact aking@livelifegetactive.com

If you would like to know more about Green Star Certification and the green Building council of australia, please visit www.gbca.org.au

