The Curtin University Healthy Lifestyle Program is a worksite health promotion program that has been advocating a supportive environment and healthy behaviours for 20 years. A multifaceted approach to overweight and obesity has been used including:

- an Accredited Practising Dietitian available for one-to-one dietary consultations with staff
- an email newsletter "Eat for Life" distributed to staff which focused on healthy lifestyle changes such as choosing healthy food more often and increasing physical activity
- environmental changes to make healthy choices easier on campus. University food outlets agreed to modify their menus and provided more healthy food choices
- encouraging all staff to stay within the healthy weight range to reduce their risk of heart disease and diabetes

A weekly weightloss support group commenced in 2003. Lunchtime seminars raised awareness of the need to eat healthy food and increase physical activity (especially walking).

The program was tailored specifically to the University environment and working life. Participants were positive about group sessions as they "kept you on track", you “learnt from other's tips and pitfalls”, gained support from other staff and the staff dietitian.

Participants lost up to 20+kg each over a year, have kept the weight off and now act as role models for others. One participant became a State finalist in the WeightWatchers’ 2003 Slimmer of the Year. Two others won the Australian "Friends" category for WeightWatchers’ Australia 2005 Slimmer of the Year. Two others won the "Friends" category for WeightWatchers’ Australia 2005 Slimmer of the Year.

References:
4. Woolmer J, Celebrating achieving goal weight together Curtin University staff and group leaders. Slimmer of the Year. "Friends" category for WeightWatchers’ Australia 2005