



What is CHEF?

The **Cook Healthy and Eat Fantastic (CHEF) program** is a structured cooking and exercise program designed specifically for PLHIV. The goal of CHEF is to improve the overall health of PLHIV, through learnt cooking skills and participation in regular exercise.

Potential Benefits of the Program:

Good nutrition and regular exercise have been shown to assist with:

- Improving blood lipids (cholesterol and triglycerides)
- Improving blood glucose levels
- Improving bone strength
- Weight loss and weight gain
- Improving mood and self esteem
- Management of side effects (from medication or HIV)

How is the course structured?

CHEF is conducted over four (4) weeks and includes:

- 1.5 hour cooking workshop per week, which is conducted by an Accredited Nutritionist. The Nutritionist will demonstrate how to prepare the meal and each participant will also cook their own meal. When the meal has been completed, participants will be able to sit down and eat the meal they have just prepared.
- 2 x 1 hour group exercise sessions per week, which is facilitated by a qualified Personal Trainer.
- Groups are limited to 10 participants.

How do I get Involved?

Participants must be registered clients of Positive Directions. Medical consent must also be provided by your doctor prior to commencing the exercise sessions.

Who do I contact?

Please contact the Positive Directions Nutrition Advisor on (07) 3900 8000 to register for CHEF.

About

Positive Directions

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

Locations

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