



# LEAP, Nutrition and You

## What is LEAP?

LEAP is a structured nutrition and exercise program that has been designed specifically for PLHIV. The goal of LEAP is to provide participants with the skills, knowledge and confidence to continue with routine exercise and good nutrition.

## Potential benefits of the program

Nutrition and exercise have been shown to assist with lowering cholesterol levels, managing blood glucose levels, relieving side effects of medication and improving quality of life. People that can benefit from participating include those with:

- Elevated cholesterol/triglyceride levels
- Impaired glucose tolerance or diabetes
- Lipodystrophy or lipoatrophy
- Underweight or overweight
- Depression or mood disorders

## How is the course structured?

LEAP is conducted over an eight (8) week program, incorporating two 1 hour exercise sessions and 1 hour nutrition education sessions every week.

Exercise sessions are supervised by a qualified fitness instructor, with an individualised training regime provided by the completion of the program. The nutrition education sessions are conducted as a group activity, by an Accredited Practising Dietitian. Groups are limited to 15 participants.

## How do I get involved?

Participants must be a registered client of Positive Directions, and medical consent must be provided by your doctor prior to commencing the program.

LEAP is held across the state at various locations close to transport. Check with your local Positive Directions team for more details.

## Who do I contact?

If you are interested in LEAP, you can talk about it with your local Positive Directions team. Their contact numbers are located above.

You can also contact the Positive Directions Nutrition Advisor on 07-3900 8000. If you are outside of Brisbane metropolitan areas, please call 1800 422 313.

## 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

### Brisbane

101a Watson Street  
Camp Hill QLD 4152  
PO Box 3387  
Norman Park QLD 4170  
**Ph 07 3900 8000**  
**Fax 07 3843 4962**

### Gold Coast

18a West Street  
Burleigh Heads QLD 4220  
PO Box 590  
Burleigh Heads QLD 4220  
**Ph 07 5576 8366**  
**Fax 07 5535 2166**

### Sunshine Coast

Level 2, 15 Sydney Street  
Nambour QLD 4560  
PO Box 344 Nambour  
Qld 4560  
**Ph 07 5441 1222**  
**Fax 07 5441 1566**

### Townsville

Level 3, 155 Denham Street  
Townsville QLD 4810  
PO Box 5186  
Townsville QLD 4810  
**Ph 07 4721 1384**  
**Fax 07 4724 2491**

### Cairns

3b/151 Martyn Street  
Cairns QLD 4870  
PO Box 2975  
Cairns QLD 4870  
**Ph 07 4051 1028**  
**Fax 07 4051 0928**

Email: [PDinfo@spiritus.org.au](mailto:PDinfo@spiritus.org.au)

Web: [www.positivedirections.org.au](http://www.positivedirections.org.au)

