

Support for you to be active



For people with cancer, being active can help:

- Boost energy
- Reduce fatigue
- Help reduce side-effects of treatment
- Improve mental wellbeing
- Reduce your risk of other health issues like diabetes and heart disease



 Call **1300 806 258**, Mon-Fri / 8am-8pm

 Register online
www.gethealthynsw.com.au

 Ask your doctor or treating team
for a referral



Sign up today

What you get:

- Free telephone health coaching for 6 months
- Your own expert health coach
- Calls booked at times that suit you (we are open Monday to Friday, 8am - 8pm)
- Support to be active, eat healthy, reduce alcohol and maintain a healthy weight
- Guidance and follow up to stay on track and reach your health goals

This Service offers general healthy living advice and support. For specific advice regarding a cancer diagnosis or treatment, please speak to your doctor or treating team.