

Alcohol contains a lot of kilojoules so it can easily contribute to weight gain. Like sugar, alcohol has 'empty kilojoules' because it contains few nutrients for the body to use.

Also when you drink alcohol, you become less aware of the food you are eating and can easily overeat.

Current Australian Guidelines recommend **no more than two standard drinks per day for women and for men.** In addition to one or two alcohol free days per week.

### A FEW THINGS TO NOTE

- A standard drink contains 10 grams of pure alcohol
- Alcohol products must display the number of standard drinks they hold
- There are no common glass sizes used in Australia.
- Drink serving sizes – glasses, bottles, cans – are often more than one standard drink.



## START A HEALTHY DISCUSSION THAT IS ALL ABOUT YOU

*get healthy*<sup>®</sup>  
Information & Coaching Service

**Call 1300 806 258**

Mon – Fri / 8am – 8pm

or visit

**[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)**

Free interpreter services available

 NSW Get Healthy Service



**FREE** TELEPHONE HEALTH COACHING SERVICE

## DO YOU WANT TO DRINK LESS ALCOHOL?



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## ABOUT THE SERVICE

The Get Healthy Information and Coaching Service<sup>®</sup> is a **FREE** and confidential phone based service. The Alcohol Reduction Program is open to anyone aged 18 years and over.

You will get your own university qualified health coach to help you make healthy lifestyle changes. Your health coach can help you to:

-  **Drink less alcohol**
-  **Get active**
-  **Eat healthily**
-  **Reach a healthy weight**
-  **Achieve a healthy weight gain in pregnancy**

## WHAT THE SERVICE OFFERS

- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE.



**GETTING HEALTHY  
IS JUST A PHONE CALL  
AWAY**

## ARE YOU A GENERAL PRACTITIONER OR HEALTH PROFESSIONAL?

You can support your clients by referring them to the Get Healthy Information and Coaching Service<sup>®</sup>.

For referral forms and more information visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

