



*"It was very hard to start but once you do it's too easy and now it's become part of my everyday life."*

**PARMINDER**



*"One of the things my health coach taught me was about calories, I am now very mindful of calories as well as 5 servings of vegetables and 2 servings of fruit ...it has been a great learning experience."*

**LAUREL**

## START A HEALTHY DISCUSSION THAT IS ALL ABOUT YOU



**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 GET HEALTHY?



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## ABOUT THE SERVICE

The Get Healthy Information and Coaching Service<sup>®</sup> is a **FREE** and confidential phone based service. It is open to anyone aged 16 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:



Eat healthily



Get active



Drink less alcohol



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.

## 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)



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

