

What is your mob saying about Get Healthy?

"I love talking to my coach. She is such a positive person and she gives me confidence to reach my goals, even when they are only small."

Louise

Mid North Coast Local Health District
Aboriginal Get Healthy Service Participant



Have a yarn about
getting healthy today



Call 1300 806 258

Mon – Fri / 8am – 8pm

or visit

www.gethealthynsw.com.au

 NSW Get Healthy Service



June 2021 © NSW Health
SHPN (OPH) 190338



Get Healthy Be Deadly

FREE
PHONE HEALTH
COACHING
SERVICE



**HEALTHYEATING
ACTIVE LIVING**

Want to Get Healthy?

When life gets busy, it can be hard to eat right, stay active, keep off smokes and limit the grog. It's good to know you're not alone.

A **FREE**, friendly health coach can help you get on track. They will support you every step of the way to reach your goals. Your coach will call at a time that suits you and there is no judgement.

You can choose a male or female coach who will suit your needs.

When you sign up, our Aboriginal Liaison Officer (ALO) can have a yarn about the Get Healthy Service and how it can work for you. The ALO can work with you and your coach to support your health journey.

A Health Coach will help you:



Eat healthy foods



Get active and stay active



Reach a healthy weight



Have a healthy weight gain in pregnancy



Drink less alcohol



Access support to quit smoking

What the Get Healthy Service offers

- Healthy lifestyle support for adults over 16 years old
- Your own **FREE** Health Coach
- A Get Healthy Aboriginal Liaison Officer to support your journey
- Regular coaching calls at a time that suits you
- Motivation and support to reach your healthy lifestyle goals
- Free information and resources to track your progress

Getting healthy
is just a phone
call away

1300 806 258

Mon – Fri / 8am – 8pm

www.gethealthynsw.com.au

Benefits

Your Health Coach will support you to make small changes that make a big difference.

Sign up today if you would like to:



Reach a healthy weight



Have better sleep



Reduce your risk of type 2 diabetes and other diseases



Have more energy



Look and feel healthy

To start speak to your:

- Aboriginal Health Worker
- Community Health Nurse
- Doctor
- Or call **1300 806 258** today

