

**Eat Healthier
Exercise More
Feel Better**

And we'll help you
along the way.

get healthy
Information & Coaching Service

www.gethealthynsw.com.au
1300 806 258
Monday - Friday 8am - 8pm

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FREE
NSW Health Service

Get healthier for your mob
**Start A Better
Health Journey
Now!**



**CULTURE
HEALTH
COMMUNITIES**
Our Culture, Your Health,
Strong Communities



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SHPN (CPH) 160403
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See inside to
find out how...

About the Get Healthy Service:

As part of the *Get Healthy Service* you will receive your own personal health coach, who will provide you with the information and the support you need to:

- **Eat Healthier**
- **Exercise More**
- **Feel Better**

Get Healthy runs for 6 months and delivers the support and information you need to help reach your health goals.

What the Get Healthy Service offers:

When you join the Get Healthy Service you will:

- Have your own **personal health coach**.
- Receive up to **13 free** coaching calls.
- Receive support to make changes over **6 months**.
- Receive an information booklet that provides you with tips on what you need to do, and a coaching journal to write down your goals and actions.
- Access a website where you can download tools to keep track of your goals and help you with monitoring your progress.



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Your personal **Get Healthy Coach** will assist you in:

- **Developing personal health goals**
- **Creating action plans**
- **Maintaining motivation**
- **Identifying problem areas**
- **Creating solutions for successful lifestyle change.**

So call the Get Healthy Service on **1300 806 258**. It's Free! Or ask your GP, local Aboriginal Medical Service or Health Clinic to refer you today.

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