

**MAKE
HEALTHY
NORMAL**

FREE
TELEPHONE HEALTH
COACHING FOR 16+

get healthy[®]
Information & Coaching Service

GET STARTED NOW

1300 806 258

Monday - Friday | 8am - 8pm

www.gethealthynsw.com.au

Free interpreter services available

**Free health
coaching
for young
people**

Get support to eat well
and be active



Health

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SHPN (CPH) 160052



Getting healthy is just a phone call away

Call the *Get Healthy Service* to get your very own personal health coach!

The service is FREE and confidential and is open to anyone aged 16 years and over.

What you'll get:

- Your own health coach
- 10 confidential telephone coaching calls
- Motivation and support for 6 months
- Information and a journal to help you on your journey

Our health coaches are university qualified and will help you:

- Set personal health goals
- Identify areas for improvement
- Create an action plan
- Stay motivated



Get your free personal telephone health coach to help you:



EAT HEALTHY



GET ACTIVE



ACHIEVE A HEALTHY WEIGHT



MAINTAIN A HEALTHY WEIGHT

Register online today at:

www.gethealthynsw.com.au



FREE HEALTH COACHING