



WANT TO CUT DOWN ON YOUR DRINKING?

START A HEALTHY DISCUSSION THAT'S ALL ABOUT YOU.

GET HEALTHY COACHING

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 TODAY AND START YOUR JOURNEY

GETTING STARTED IS EASY.

TO GET STARTED SIMPLY CALL
1300 806 258

[FREE INTERPRETER SERVICES AVAILABLE]

or register online at www.gethealthynsw.com.au and a qualified health coach will call you.



1300 806 258

MONDAY-FRIDAY | 8am-8pm

www.gethealthynsw.com.au

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DO YOU WANT TO GET HEALTHY?

GET HEALTHY AND REDUCE YOUR ALCOHOL CONSUMPTION





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.

HOW YOU CAN REDUCE YOUR INTAKE?

Drink water instead of alcohol and use it to quench your thirst.

Sip alcoholic drinks slowly.

Enjoy wine spritzers (wine and soda/mineral water).

Alternate alcoholic drinks with water.

Switch to light beer.

Wait until your glass is empty rather than topping it up when it's half full.

ABOUT THE GET HEALTHY SERVICE.

The Get Healthy Information and Coaching Service® is a free, confidential telephone-based Service which helps people make lifestyle changes regarding:

- Healthy eating
- Being physically active
- Achieving and maintaining a healthy weight
- Reducing alcohol consumption

WHAT THE SERVICE OFFERS.

As a coaching participant of the Get Healthy Service you will:

- Have your own personal health coach.
- Receive up to 10 free coaching calls.
- Receive support to make changes over 6 months.
- Receive an information booklet that provides you with information on what you need to do, and a coaching journal to write down your goals and actions.