

**We all know that leading a healthy lifestyle is important, but it can be hard to know where to start**



**That's where the Get Healthy Service can help!**




**What you get:**

- Free over the phone health coaching for 6 months
- Coaching provided by our expert health coaches who are Dietitians, Exercise Physiologists and Nurses
- Book calls at times that suit you (We're open Monday-Friday, 8am-8pm)
- Support with healthy eating, staying physically active, reducing alcohol and achieving and maintaining a healthy weight

**get healthy**<sup>®</sup>  
Information & Coaching Service

# get healthy<sup>®</sup>

Information & Coaching Service

-  Call **1300 806 258**, Mon-Fri / 8am-8pm
-  Register online  
**[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)**
-  **Ask your GP or Health Professional** for a referral

**Find a  
healthy you  
at any age**

**Sign up today!**



Find an exercise class in your local area  
**Visit: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)**