



Rebecca's story

Rebecca heard about the program through her local Aboriginal Medical Service.

"I never thought I could give up drinking soft drink . . . My health coach was amazing. I was thinking 'There's no way you're going to get me off something that I've done for 22 years'. I couldn't believe it, but I actually did do it. I feel excellent. I'm loving it. I definitely recommend this service to other people."



Joe's story

Joe wasn't exercising or playing sport at all any more, mainly just watching TV or videos.

"I think I just got tired of being how I was . . . I could have easily told the person on the other end of the phone that, 'Yeah, look, everything's fine,' but it became a whole lot more personal. She seemed interested in how I was actually going . . . I was able to go out and do things that I used to do a few years ago. I would recommend the Get Healthy Service to anyone out there who wants to make a change to their life."

1300 806 258

Mon – Fri / 8am – 8pm

www.gethealthynsw.com.au

 NSW Get Healthy Service



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Get healthier for your mob

FREE
PHONE HEALTH COACHING SERVICE



About the Service

The mob at Get Healthy provide a free phone coaching service.

A health coach will help you along the way to:



Eat healthy



Get active and stay active



Reach a healthy weight



Have a healthy weight gain in pregnancy



Drink less alcohol



What the Get Healthy mob offer

- Your own health coach
- Aboriginal Liaison Officer available
- Up to 13 coaching calls
- Motivation and support to set healthy lifestyle goals
- Information and resources available
- Option to join again or try SMS coaching

Getting healthy
is just a phone
call away



Are you a general practitioner or health professional?

You can support your clients by referring them to the Get Healthy Information and Coaching Service®.

For referral forms and more information visit www.gethealthynsw.com.au/health-professionals/