



Information & Coaching Service

1 300 806 258

Monday - Friday 8am - 8pm

www.gethealthynsw.com.au

- **FREE** telephone coaching service funded by NSW Ministry of Health
- The Get Healthy Service provides individualised support and advice to assists people **reach their healthy lifestyle goals** in relation to:
 - Eating healthier
 - Getting fitter & exercising more
 - achieving and/or maintaining a healthy weight
 - Reducing alcohol intake
- Delivered by university qualified coaches (e.g. dietitians, exercise physiologists, psychologists)
- Interpreters are available.
- Participants can re-enrol

