



Benefits of staying active and healthy

Getting healthy and active in older adulthood has many benefits. It can help you:

- stay independent
- improve balance and prevent falls
- keep your bones and muscles strong
- manage or lower your risk of chronic diseases like heart disease and diabetes
- maintain your energy levels and concentration
- improve your mood and sense of wellbeing.

Find an exercise program

Follow these four easy steps:

- 1 Visit www.activeandhealthy.nsw.gov.au
- 2 Click on 'Find an exercise program'
- 3 Type in your suburb and how far you can travel
- 4 Click 'Search programs' to browse

You can filter programs by type of activity or to **find free classes** or online programs.



Scan the QR code to visit the Active and Healthy website today

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SPHN (CPH) 240156
SKU ID HADL24
February 2024 © NSW Health



Do you want to be active and healthy?

NSW Health's healthy ageing resources can help you to eat healthily and be active as you age



Get Healthy Service

The Get Healthy Service is a free NSW Health coaching service that helps you make lifestyle changes to improve your health. University qualified health coaches can help you with setting and achieving health goals, such as:

- eating well and staying active
- reaching and staying a healthy weight
- drinking less alcohol
- managing or lowering your risk of illness and chronic disease.

The program is designed to fit in with your life, with health advice tailored to your needs and goals.



Join the Get Healthy Service online, ask your health professional for a referral, or call 1300 806 258.

Register online at:

www.gethealthynsw.com.au



Healthy Ageing Online Learning

Healthy Ageing Online Learning is free self-directed healthy lifestyle education that helps you make small changes to improve your health and wellbeing.

Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your home. You can access:

- eight learning modules with quizzes
- two exercise circuits for beginners
- fact sheets with helpful tips and information
- an exercise manual and logbook with images and easy-to-follow instructions.



You can access the free Healthy Ageing Online Learning at:
www.activeandhealthy.nsw.gov.au

Community exercise

Joining a local exercise class is a great way to get active, stay healthy and make friends along the way.

Visit the Active and Healthy website to find exercise and falls prevention programs tailored for older adults in your local area. Classes may include:

- gentle exercise
- aquatic exercise
- Tai Chi and Qi Gong
- yoga and pilates
- walking groups
- dance and more.



You can search for classes based on your suburb and how far you can travel. To get started, visit:
www.activeandhealthy.nsw.gov.au



“Being able to make positive life changes, and being able to do that in front of friends and family has been important”