

Do you want to get healthy?

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.



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 **six 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
- > access a website where you can download tools to keep track of your goals and help you keep an eye on your progress.



Your personal *Get Healthy Coach* will assist in:

- > developing personal health goals
- > creating action plans
- > maintaining motivation
- > identifying problem areas
- > creating solutions for successful lifestyle change.



Getting started is easy!

Simply phone **13 HEALTH** on **13 43 25 84**,
or email your contact details to
contact@gethealthy.qld.gov.au for a call
back on the next business day.



So call the *Get Healthy Service* today
and start a healthy discussion that's all
about you!

get healthy
Information & Coaching Service

A joint Australian, State and Territory
Government initiative under the National
Partnership Agreement on Preventive Health

13 HEALTH (13 43 25 84)

Monday - Friday 8am - 8pm

www.gethealthy.qld.gov.au