

**FREE**

*get healthy*<sup>®</sup>

Information & Coaching Service

[www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)

**Do you  
want  
to get  
healthy?**



**It's never been easier to  
Get Healthy with your **FREE**  
personal health coach**

**Eat Healthy  
Get Active  
Lose Weight**

Simply call **1300 806 258**



**Government of South Australia**  
SA Health

## What the service offers:

- your own **personal health coach**
- up to **10 free** coaching calls over a **6 month period**
- an **information booklet** with everything you need to know about healthy eating and being active
- a **coaching journal** to record your goals and actions.

## Your personal coach will help you:

- develop your own health goals
- create an action plan
- identify problem areas
- maintain motivation and keep on track to achieve your goals.



## Getting started is easy!

Simply phone **1300 806 258**

Monday - Friday 8am – 8pm

or visit **[www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)**

**Free interpreter services available**