

**Call today, and
start a healthy
discussion that
is all about you.**

Simply call us on:
1300 806 258

Or register at:
www.gethealthy.sa.gov.au
and an expert health coach will call you.

Free interpreter services are also available.
Call the Translating and Interpreting Service
on 131 450 and ask for the Get Healthy
Service.



**Change
for a
healthier
you**

FREE
telephone service



- Get your own expert health coach
- Make healthier eating choices
- Be more physically active
- Achieve and maintain a healthy weight

Call *Get Healthy!* Mon–Fri 8am–8pm
1300 806 258
www.gethealthy.sa.gov.au

Find the healthier you.

Are you constantly tired?

Do you want to have more energy to do the things you enjoy?



Do you want to get on top of everyday stress?

Do you want to feel healthier and happier?

We can help.

The Get Healthy Information and Coaching Service® is a free and confidential telephone-based service for those who want to be a healthy weight, eat better and exercise more.

People who have been through the coaching program lose an average of 5cm from their waist and 3.9kg from their weight.



The Get Healthy Information and Coaching Service®.

The Service is offered by SA Health and is confidential and independent of your workplace.



Register for the Get Healthy Service and you get access to the following, free of charge:

- **your own expert health coach**
- **up to ten individually tailored telephone coaching sessions**
- **an information booklet and coaching journal**
- **a website with tools to help keep track of your progress.**

An expert by your side.

Whether you want to improve your fitness or lose a few centimetres off your waist, the Get Healthy Service can help you achieve lasting lifestyle change.



Your free expert health coach will help you:

- **set personal health goals**
- **create action plans that work within your busy schedule**
- **maintain motivation**
- **identify problems and find solutions**
- **help keep you on track.**