



Have you considered the *Get Healthy Service*?

Why Get Healthy?

- Our lifestyle can have a big impact on our health and wellbeing.
- Healthy eating and regular physical activity helps you to maintain good health and prevent obesity, and can also help protect you against some diseases.
- A waist measurement higher than 80cm for women and 94cm for men means an increased risk of some diseases.
- For example, no matter what your height or build, an increased waistline is a sign that you could be at increased risk of developing serious problems including type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.
- If you eat a balanced diet, you can reduce your risks.
 - eat plenty of vegetables, legumes and fruits,
 - eat plenty of wholegrain cereals, breads, rice, pasta and noodles,
 - include lean meat, fish, poultry, and/or alternatives such as eggs, legumes and nuts, and
 - include milk, yoghurts and cheeses or dairy alternatives such as fortified soy milk and soy-based products. Except for children aged less than 2 years, reduced-fat varieties are best.

Try to

- limit your intake of saturated fats, and reduce the total amount of fat you eat,
 - choose foods low in salt,
 - limit your alcohol intake, and
 - consume only moderate amounts of sugars, and foods and drinks containing added sugars.
- There are tremendous benefits in getting even a small amount of physical activity each day. Start out by making small changes you can live with, and as you get used to them, gradually add more changes or activities.
 - Try to build up to doing 30 minutes of moderate-intensity activity a day – or more! It doesn't have to be all in one hit – you can combine smaller amounts of activity of 10 to 15 minutes each throughout the day.
 - Moderate intensity activity will cause a slight but noticeable increase in your breathing and heart rate. A good example is brisk walking – walking at a pace where you are able to talk comfortably, but not sing.



What does the *Get Healthy Service* Offer?

- Making lifestyle changes is often easier said than done, and the journey can be challenging. The *Get Healthy Information and Coaching Service*® (*Get Healthy Service*) has been developed to support you to make these changes and stick with them.
- The *Get Healthy Service* is a free telephone and internet based service staffed by qualified health coaches to support you to live healthier by:
 - being physical activity;
 - healthy eating; and
 - reaching and maintaining a healthy weight.
- It provides information and up to 6 months of personalised support to help you make lasting lifestyle changes in these areas.
- The *Get Healthy Service* provides you with:
 - Information regarding healthy eating and physical activity;
 - Approximately ten telephone coaching and support sessions based on your needs over a period of about six months; and
 - Additional information and support through computers, such as emails and the internet.
- If you call the *Get Healthy Service*, you will get to speak to a health coach. They are qualified and specially trained health professionals, such as psychologists; nurses; dieticians; exercise physiologists; sports scientists; social workers; and physiotherapists.
- Wherever possible, you will be provided with your own personal health coach for the time you are in contact with the *Service*.
- The *Service* is free to all Tasmanians over 18 years old.
- You can seek information or register for coaching by calling 1300 806 258 for the cost of a local call from any fixed landline (Mobiles may be charged a higher rate). After your first call, the health coach will contact you on your landline or mobile for each session, so that it doesn't cost you anything. Alternatively, you can register your interest by visiting www.gethealthy.tas.gov.au. A *Get Healthy* coach will then make any further calls at a time that is convenient for you.
- If you like, take a *Get Healthy* brochure with you. It has all the key information you will need to give them a call. Give it a try.