

11 January, 2013

Make your 2013 a healthy one!

Now that the festive season is over, and you have decided to make 2013 a healthy one, it might be that you may want to stop smoking, eat healthier or be more physically active – help is just a phone call away!

The South Eastern Sydney Local Health District, Health Promotion Service has free resources available on how to quit smoking, achieve a healthy weight and be physically active. These resources are available on the District's website at: www.sesiahs.health.nsw.gov.au.

Other supports include the NSW Quitline on 13 7848 (13 QUIT) or visit: www.icanquit.com.au or the NSW Health Get Healthy Information and Coaching Service Phone 1300 806 258 (Monday to Friday, 8am to 8pm) or visit: www.gethealthynsw.com.au.

The Get Healthy Information and Coaching Service provide free information and ongoing health coaching support on how to improve your lifestyle in relation to:

- Healthy eating
- Being active
- Achieving and maintaining a healthy weight.

Participants of the Get Healthy Service will receive up to 10 free telephone-based health coaching calls over six months from a qualified health professional, who will assist in:

- Developing personal health goals
- Creating action plans
- Maintaining motivation
- Identifying problem areas
- Creating solutions for successful lifestyle change

Additionally, participants will receive free resources including an information booklet and coaching journal, and can also access logs and other tools on this website to keep an eye on their progress.