



Your free online healthy lifestyle program

Eat well and keep active as you age!



Healthy and Active for Life Online is a **FREE** 10 week healthy lifestyle program for adults aged 60 years* and over.



How does it work?

The program is delivered online, in the comfort of your own home. Simply log in to your online account to complete the weekly modules and exercises.

What do I get?

- Access to weekly online healthy lifestyle modules and two online exercise programs
- Weekly handouts and an exercise manual
- Telephone support to keep you motivated
- Ongoing access to the online modules and exercise programs for 12 months

What do I need?

- Access to a computer or tablet with internet
- Ability to understand and read English
- Space to exercise safely in your home

*Aboriginal people aged 45+ years can register.



For more information or to register visit
www.activeandhealthy.nsw.gov.au