

Healthy and Active for Life Online



**Are you 60* or over and want
to be active and healthy?**

Join our free online healthy
lifestyle program today!

Programs start on:

Find out more and register at:

www.activeandhealthy.nsw.gov.au

*Aboriginal people aged 45+ can register.

What's included?



A 10-week online
program



Exercise videos to do
at home each week



Online healthy eating
and lifestyle sessions



Support from a
trained Phone Coach

