



Healthy and  
Active for Life

# 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 program  
for adults aged 60 years\* and over.



**HEALTHYEATING**  
**ACTIVE LIVING**



## 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
- Space to exercise safely in your home
- A medical clearance may be required

\*Aboriginal people aged 45+ years can register.

For more information  
scan the QR code or visit  
[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

