

WHAT DO OTHERS SAY ABOUT HEAL™?

"I would recommend this program to everyone. It has provided me with the motivation I need to get fit, as well as very helpful dietary information, for me and my family".
- Elaine

"I learnt a lot about being healthy and eating well. I feel more confident that I can keep making positive changes in my life" - Steve



JOIN A HEAL™ PROGRAM NEAR YOU

The clinic below runs regular HEAL™ programs. Contact them directly or ask your GP for a referral into the program.



This project is a joint partnership between South Western Sydney Medicare Local Ltd. and Exercise & Sports Science Australia.



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HEAL

 HEALTHY EATING ACTIVITY & LIFESTYLE™

Improve your health Energise your life



WHAT IS HEAL™?

The Healthy Eating Activity and Lifestyle (HEAL™) program helps people to develop lifelong healthy lifestyle habits. Sharing ideas and asking questions is encouraged.

HEAL™ offers a 2 hour group session each week for 8 weeks:

- 1 hour of gentle exercise
- 1 hour of lifestyle education

One-on-one health consultations:

- At the start of the program
- After the 8 weeks of classes
- 5 & 12 months after starting

Exercise sessions involve group exercises that anyone can do. The groups are with friendly, supportive people.

WHO CAN BENEFIT FROM HEAL™?

The HEAL™ program will help you to manage your:

- Weight
- Type 2 diabetes
- Heart disease (including high blood pressure or high cholesterol)

Topics include:

- Your Health and Your Choices
- Physical Activity
- What is Healthy Eating?
- Fat in Your Diet & Eating Out
- Recipe Modification, Meal Planning & Budgeting
- Food Label Reading
- Making and Maintaining a Healthy Lifestyle
- Myths, Misconceptions & Non-hungry Eating



*"Great course, great people.
It's really helped me turn things
around."*
- Dianne