

# 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](http://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

