



**WORKERS HEALTH CENTRE**  
People | Recovery | Work

**Parramatta**

Tel: (02) 9749 7666

Fax: (02) 9897 2488

Email: [admin@workershealth.com.au](mailto:admin@workershealth.com.au)

**Newcastle**

Tel: (02) 4926 2129

Fax: (02) 4929 1960

Email: [newcadmin@workershealth.com.au](mailto:newcadmin@workershealth.com.au)

Website: [www.workershealth.com.au](http://www.workershealth.com.au)

# Healthy and Active for Life Online

## Online health program – Free over 60's and Aboriginal people over 45 years

With more people spending time at home, staying healthy and active can be challenging. Healthy and Active for Life Online could be the perfect way to keep exercising, plus gain some healthy lifestyle tips for members who are 60 years and over.

This is a FREE 10-week online program developed by NSW Health for people over 60 years and Aboriginal people over 45 years which you can do in the comfort of your own home. All you need is internet access, a computer or tablet and some space to exercise.

The program includes:

- Two online exercise programs to do at home
- Online healthy eating and lifestyle sessions
- Support from a trained Phone Coach

Programs are run every school term.

For more information, or to sign up visit:

<https://www.activeandhealthy.nsw.gov.au>

“The program has been great for my mental health too. I came away from each session feeling happy and energised”. Dianne, Grandmother