

Get Healthy Service

Health
coaching to
help you be
physically
active
during and
after cancer



During
and after
cancer



Get Healthy Service health coaches are qualified and offer free support and tools to help you improve your health.



Be physically active



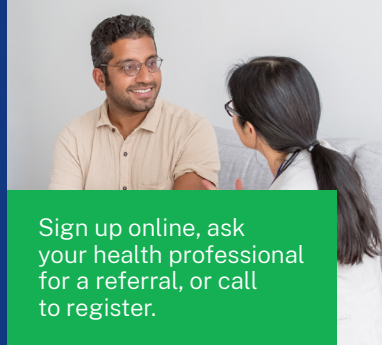
Drink less alcohol



Eat healthy



Reach and stay a healthy weight



Sign up online, ask your health professional for a referral, or call to register.

★ Benefits of healthy eating and physical activity during and after cancer treatment

- ✔ boost your energy levels
- ✔ lower fatigue or tiredness
- ✔ lower side-effects of treatment
- ✔ improve your mood and sense of wellbeing
- ✔ lower your risk of other health issues like heart disease and diabetes

For specific advice on a cancer diagnosis or treatment, please speak to your doctor or treatment team.

📞 Contact information

Call **1300 806 258**

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

gethealthynsw.com.au

Free access to interpreter services and the National Relay Service are available.