



## Benefits of staying active and healthy

Getting healthy and active in older adulthood has many benefits. It can help you:

- stay independent
- improve balance and prevent falls
- keep your bones and muscles strong
- manage or lower your risk of chronic diseases like type 2 diabetes
- improve your concentration, confidence and sense of wellbeing
- reduce stress, anxiety and depression
- improve the quality and duration of sleep

## Remain in touch and support one another

It's important to have an active routine to help you to stay healthy and happy.

If you are spending more time at home and less time with family, friends or community, it is important to keep in touch in other ways:

- Check in with friends, family and neighbours regularly over the phone.
- Try video calls from your computer, tablet or smartphone.
- Speak to neighbours over the fence or from your balcony.

If you or someone you know needs help, contact:

- the NSW Health Mental Health Line on **1800 011 511**
- the Transcultural Mental Health Line on **1800 648 911**

Or visit [health.nsw.gov.au](https://health.nsw.gov.au) for more information.

Interpreter services are available.



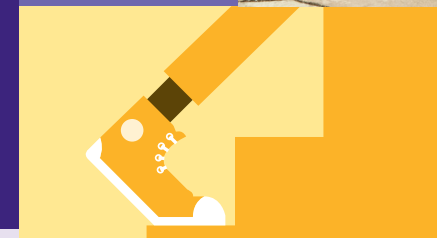
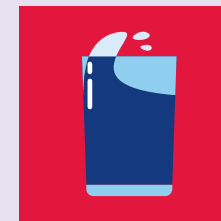
Scan the QR code to visit the Active and Healthy website today

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## Do you want to be active and healthy?

NSW Health's healthy ageing resources can help you to eat healthily and be active as you age



# Get Healthy Service

The Get Healthy Service is completely free and tailored to your needs. Our qualified health coaches are ready to support you to:

- eat well and be physically active
- reach and stay a healthy weight
- improve your wellbeing
- manage your health while living with type 2 diabetes or cancer
- drinking less alcohol.

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



To join the Get Healthy Service, ask your health professional for a referral, call **1300 806 258** Monday to Friday, 8am to 8pm Saturday, 9am to 5pm or register online at **[gethealthynsw.com.au](https://gethealthynsw.com.au)**



## Healthy ageing resources

Healthy ageing resources are free self-directed healthy lifestyle education that helps you make small changes to improve your health and wellbeing.

Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your home.

You can access:

- learning modules with quizzes
- two exercise circuits for beginners
- fact sheets with helpful tips and information
- a physical activity manual and logbook with images and easy-to-follow instructions.



You can access the free healthy ageing resources at: **[activeandhealthy.nsw.gov.au](https://activeandhealthy.nsw.gov.au)**

## Find a physical activity program

Joining a class online or in the community is a great way to get active, stay healthy and make friends along the way.

Visit the Active and Healthy website to find physical activity and falls prevention programs tailored for older adults.

Program listings will show what languages the program leader speaks.

Classes may include:

- Tai Chi and Qigong
- yoga and pilates
- aquatic exercise
- walking groups
- dance and more.



To search for classes visit: **[activeandhealthy.nsw.gov.au](https://activeandhealthy.nsw.gov.au)**



“Being able to make positive life changes, and being able to do that in front of friends and family has been important”