



Healthy Eating Activity & Lifestyle

Improve your health | Energise your life

The Healthy Eating Activity and Lifestyle (HEAL™) program helps people to develop lifelong healthy lifestyle habits.

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

The HEAL™ program will help you to manage:

- 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

Call 9847 5015 for more information or to make an appointment.

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This project is a joint association between South Western Sydney PHN and Exercise & Sports Science Australia.

HEAL HEALTHY
EATING
ACTIVITY &
LIFESTYLE™