

November 2016



### Active and Healthy is expanding!

The Active and Healthy website was established in 2009 to provide a searchable, on-line database for physical activity programs that can help prevent falls, as well as evidence-based information for health professionals and older people and their family and friends.

The NSW Ministry of Health and The George Institute for Global Health are delighted to announce that the Active and Healthy website will be expanding in the coming months to include a broader range of physical activity programs and information on the benefits of physical activity for people aged 50 years and older. The current emphasis on fall prevention information and programs will continue to be a strong focus of our website and will be integrated with the new approach.

We encourage exercise providers running physical activity programs throughout NSW for people over the age of 50 years to register relevant physical activity programs on [Active and Healthy](#). You can register as a program provider [here](#). It is important for current and new program providers to review our [inclusion criteria for program registration](#) which has been updated in line with the expansion of Active and Healthy.

Over the coming months, The George Institute team will also be implementing some new marketing and promotion strategies to increase awareness of Active and Healthy among older people and the broader community, exercise providers, and health professionals.

Please contact us at [activeandhealthy@georgeinstitute.org.au](mailto:activeandhealthy@georgeinstitute.org.au) if you have any questions.

Kind regards,  
The Active and Healthy team

## **2016 Active and Healthy**

**P** 02 8052 4474

**E** [activeandhealthy@georgeinstitute.org.au](mailto:activeandhealthy@georgeinstitute.org.au)

**W** [activeandhealthy.nsw.gov.au](http://activeandhealthy.nsw.gov.au)

NSW Falls Prevention Program  
Clinical Excellence Commission  
Locked Bag A4062, Sydney South NSW  
1235

## **Useful Contacts**

**Feedback**

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