

# Resources and support

## 1 Healthy & Active for Life Online

This is a **free 10-week healthy lifestyle program**. It can help you make sustainable lifestyle changes to improve your health from the comfort of your own home.

To find out more visit:

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

## 2 NSW Get Healthy Information and Coaching Service

This **free telephone-based health coaching service** can support and motivate you to reach your healthy lifestyle goals.

To find out more visit:

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

OR call **1300 806 258**.

## 3 Falls Prevention resources

The **Staying Active on Your Feet** book provides you with information and ideas on ways to reduce your risk of falling.

To order the book visit:

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

OR call **1300 655 957**.

The **Clinical Excellence Commission** website has a range of falls prevention fact sheets in a number of languages.

These can be downloaded at:

[www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)

# Keep the mind active



Keeping the mind active is just as important as keeping your body active.

Ideas for keeping your mind active at home:

- Read a book.
- Do a word search, crossword or Sudoku (find a puzzle book or search online).
- Watch quiz-based TV shows.
- Many museums and art galleries have online access to collections.
- Learn a new skill via the internet, for example, a new language.

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

Find information about:

- Exercising at home
- Healthy eating
- Preventing falls
- Joining an online program



active &  
HEALTHY

# Staying active and healthy at home

Practical tips and information for older adults to stay active, healthy, and connected at home.



HEALTHYEATING  
ACTIVELIVING

SHPN (CPH) 210893



HEALTHYEATING  
ACTIVELIVING

# Stick to an active routine



If you are spending more time at home, it's still important to have a routine and keep active. This will help you to stay healthy and happy.

Aim to build 30 minutes of activity into your day. Ideas to stay active at home include:

- Strength & balance or circuit based exercises.
- Yoga, Pilates, Tai Chi or dancing.
- Cleaning, cooking or gardening.
- Pottery, sewing or arts and crafts.
- Take some time to learn a new hobby or skill.

## Useful websites with home based exercises:

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

[www.exerciseright.com.au](http://www.exerciseright.com.au)



☆ If you're new to exercise, talk to your GP and start at a level that is right for you.



# Nourish your body



Eat a range of healthy foods to ensure you are getting the nutrients you need for good health.

- When fresh produce is hard to access, try nutritious frozen and canned fruit and vegetables.
- Include legumes and beans (canned or dried).
- Include a range of wholegrain foods in your diet such as rice, pasta, cous cous, wholegrain breads and cereals like oats.
- Consume 3-4 serves of reduced fat milk, yoghurt, cheese or calcium-fortified alternatives such as soy milk. Use low lactose dairy if needed.
- Consume moderate amounts of lean meats, fish, chicken, eggs, legumes, tofu, nuts and seeds.
- Make water your drink.

You may consider home delivery meal services such as **Meals on Wheels:**

[www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au)

For more information on healthy eating visit:

[www.healthyliving.nsw.gov.au](http://www.healthyliving.nsw.gov.au)

# Remain in touch and support one another



If you are spending more time at home and less time with family and friends 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:**

Call **1800 011 511**

OR visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au) for more information.



☆ Positive social support can help us to feel connected.