active & HEALTHY

Active and Healthy website

Find an exercise program in your local community

Is this website for me?

Active and Healthy is designed for:

- People over the age of 50 in New South Wales looking for a general exercise program or a fall prevention program
- Health and community services staff
- General Practitioners and GP Practice Nurses
- Exercise and physical activity providers

What does this website include?

- An easy way to find an exercise program in your local area
- Provides information on the benefits of being physically active
- Provides information on falls prevention

How can I order my free copy of *Staying Active and On Your Feet*?

- This booklet includes information about falls prevention, safety checklists and home exercises.
- You can order your free copy by completing the online form on the Active and Healthy website!

What are the benefits of exercise for me?

- Staying physically active is the single most important thing we can do to stay fit and independent as we get older
- Regular exercise is good for both our bodies and minds
- Regular exercise can also help us to reduce our risk of falls as we get older

How can I find an Exercise Program?

To find an exercise program in your local area on Active and Healthy:

1. Enter your Town or Suburb in the ***Location*** field on the home screen
2. Enter a search distance in the ***Distance*** field underneath.
3. Click on the ***Search Programs*** button
4. Click on the programs in your search list to learn more about them. You can also email or print your list.

You can view the website at ***www.activeandhealthy.nsw.gov.au***

We value your feedback - if you have any comments on our website, please visit **www.activeandhealthy.nsw.gov.au/feedback**