

Do you want to become healthier? In a program that is FREE!

Funded by the Department of Health and Ageing



The program delivered by Active Ageing Australia®, called “**Nextstep**” is offered to 45-55 year olds in South Australia who are inactive, unhealthy and overweight and/or at risk of a chronic disease.

Nextstep is a 14 week online program which helps people make sustainable changes to their physical activity and/or healthy eating choices, through the two highly regarded programs ‘Healthy Eating Every Day’ (HEED) and ‘Active Living Every Day’ (ALED). In addition qualified staff will offer fortnightly phone support for you.

Nextstep supports a simple program that will fit into any lifestyle. We only meet with you briefly at the beginning and end of the program, the remainder of contact is via phone and email ensuring ease of communication, motivation and support. This enables you to complete the online sessions and reading of the book in your own time, dependent on your commitments.

The program has proven to be effective in improving eating and physical activity habits and minimizing symptoms in current chronic disease sufferers.

Some of the benefits experienced from the recently ‘graduated’ participants include:

- increased energy
- noticeably stronger nails ‘they don’t break anymore’ and ‘I actually had to cut my nails!’
- ‘I wake up hungry ready to eat breakfast’ (now that the routine has developed and my metabolism has increased)
- less craving of sweets
- sleeping better (‘not falling asleep on the couch watching tv’ and ‘sleeping through the night’)
- improved self confidence

Visit the following website for more information

<http://www.activeageingsa.net.au/nextstep.html>

Or contact Chelsea Barlow at Active Ageing Australia® for further information or to register now.

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