



Healthy Eating, Activity and Lifestyle (HEAL™) Program

What is HEAL™?

The Healthy Eating Activity and Lifestyle (HEAL™) program is a lifestyle modification program that supports clients to develop lifelong healthy eating and physical activity habits. HEAL™ offers 8 group sessions of lifestyle education and exercise. One-on-one health consultations to assess current fitness, plan an appropriate exercise program, measure and assist ongoing progress are also provided.

- At the start of the program
- After the 8 weeks of classes

Participants are encouraged to see their GP at 6 and 9 months after starting the program to monitor progress.

HEAL™ Delivery

Group exercise sessions involve low to moderate intensity aerobic & resistance activities and may be modified to suit individual needs. HEAL™ education and exercise sessions are facilitated by allied health professionals trained to support individuals who may be unfamiliar with how to make positive health and lifestyle changes or who may be unsure of how to safely take up physical activity.

HEAL™ Program Benefits

The HEAL™ program is specifically designed for people who are at risk of developing:

- Cardiovascular disease
- Type 2 diabetes

HEAL™ is also suitable for clients seeking to manage their:

- Weight
- Type 2 diabetes
- Heart disease (including high blood pressure or high cholesterol)
- Metabolic condition

Participant Feedback

"I would recommend this program to everyone. It's extremely well organised and supervised. It has provided me with the motivation I need to get fit as well as very helpful dietary information." - Elaine

"I learnt a lot about being healthy and eating well. I feel more confident that I can keep making positive changes in my life." - Steve

"Great course, great people. It's really helped me turn things around" – Dianne

Who do I contact for more information?

Please contact the HEAL™ National Coordinator: Sophia Parker (heal@essa.org.au)

Visit the HEAL™ website: https://www.essa.org.au/Public/HEAL_Program/The_HEAL_Program.aspx

This project is a joint partnership between South Western Sydney Private Health Network (SWSPHN) and Exercise & Sports Science Australia (ESSA).