

NSW Health Active Ageing programs can help you to eat healthily and be active as you age!



Find an Exercise Program



Follow these 4 easy steps:

- 1 Visit www.activeandhealthy.nsw.gov.au
- 2 Scroll down to “Find an Exercise Program”
- 3 Type your suburb & how far you will travel
- 4 Click “Search Programs” to browse!

 Find an Exercise Program

Location *

Distance

[Search Programs](#)

For more information about Active Ageing programs, contact your Local Health District.

active & HEALTHY



Do you want to be active and healthy?

Visit the Active & Healthy website to find exercise and healthy lifestyle programs tailored for older adults in your local area.

www.activeandhealthy.nsw.gov.au



HEALTHYEATING
ACTIVELIVING

Stepping On



Stepping On is a free 7-week fall prevention program for adults aged 65 years* and over.

Stepping On will help you learn how to reduce your risk of falling and how to maintain your independence. The program includes:

- Weekly, 2-hour sessions
- Talks from experts on various fall prevention topics
- Gentle group exercise to improve your balance plus an exercise manual

*Aboriginal people aged 45+ can join.

Stepping On is delivered in English and other languages across NSW. Find a Stepping On program near you at:

www.activeandhealthy.nsw.gov.au



Healthy and Active for Life



Healthy and Active for Life Online is a free 10-week healthy lifestyle program for adults aged 60 years* and over.

Healthy and Active for Life Online will help you learn how to make small, sustainable changes in your lifestyle to improve your health. The program includes:

- Weekly healthy eating and healthy lifestyle online education modules
- Exercise circuits that you can do at home each day to improve your fitness
- Telephone support to keep you motivated

*Aboriginal people aged 45+ can join.

“My balance and flexibility has improved quite remarkably!” - Lynn (participant).

Join Healthy and Active for Life at:

www.activeandhealthy.nsw.gov.au

Community Exercise



The Active & Healthy website allows you to search for exercise classes near you that cater to older adults.

Joining a local exercise class is a great way to get active, stay healthy and make friends along the way. Classes may include:

- Gentle exercise
- Aquatic exercise
- Tai Chi and Qi Gong
- Yoga and Pilates
- Walking groups
- Dance and more!

You can search for classes based on your suburb and how far you want to travel. To get started, visit:

www.activeandhealthy.nsw.gov.au



“Exercise classes have kept me fit and helped with my balance.”



“I have met lots of friends and they are always supportive!”