



Healthy and Active for Life Online

An introduction to the Healthy and Active for Life Online program



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Acknowledgment to Country

- South Eastern Sydney Local Health District Health Promotion Service would like to acknowledge the Traditional Custodians on whose land we stand, and the lands our facilities are located on; the lands of the Dharawal, Gadigal, Wangal, Gweagal and Bidjigal peoples. We would like to pay our respects to the Elders past, present and those of the future.
- Artwork by Brenden Broadbent



Health Promotion Service

- SESLHD Health Promotion Service strives to improve the health and wellbeing of our community. We aim to empower people to have more control over their health by working in collaboration to deliver evidence informed programs and support clinical services.
- For more information, resources and to collaborate visit:
<https://www.seslhd.health.nsw.gov.au/health-promotion-service>



What is Healthy and Active for Life Online?



A free 10 week healthy lifestyle and home exercise program for older adults.



The aim of the program is to build participants' fitness, knowledge, skills and confidence to lead active and healthy lives.



Developed by the Centre for Population Health Active Ageing team, and is delivered in partnership with Local Health Districts across NSW.

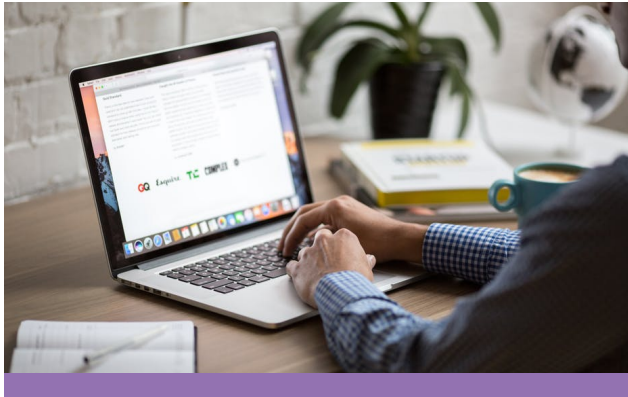


Features of Healthy and Active for Life Online



Healthy lifestyle program

It is a FREE physical activity and healthy lifestyle program for individuals living in NSW aged 60 years and over and 45 years and over for Aboriginal people.



Runs for 10 weeks

Participants will complete 10 weekly online health topics.

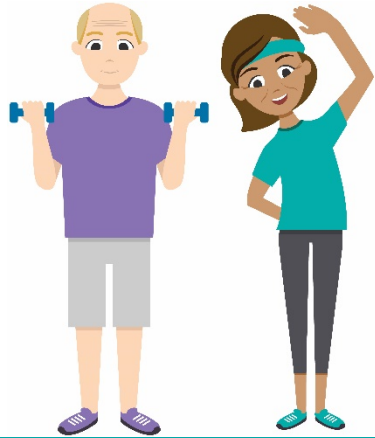


2 exercise circuits

There are two sets of exercises in the program. Participants will complete Circuit 1 in weeks 1-5 and Circuit 2 in weeks 6-10.



Features of Healthy and Active for Life Online



Exercise manual and log

Participants are provided with an exercise manual to keep track of their progress each week.



Personalised support

Participants receive weekly personalised phone support from a Healthy and Active for Life Online Phone Coach.



Self-paced learning

Every module is self-paced so that participants can take their time learning the content and completing the activities.

Program Resources

Module handouts:

Module handouts for provided for every session.

Exercise manual:

The exercise manual contains information on how to complete all of the exercises in both circuits.

*Participants can also download these resources online.



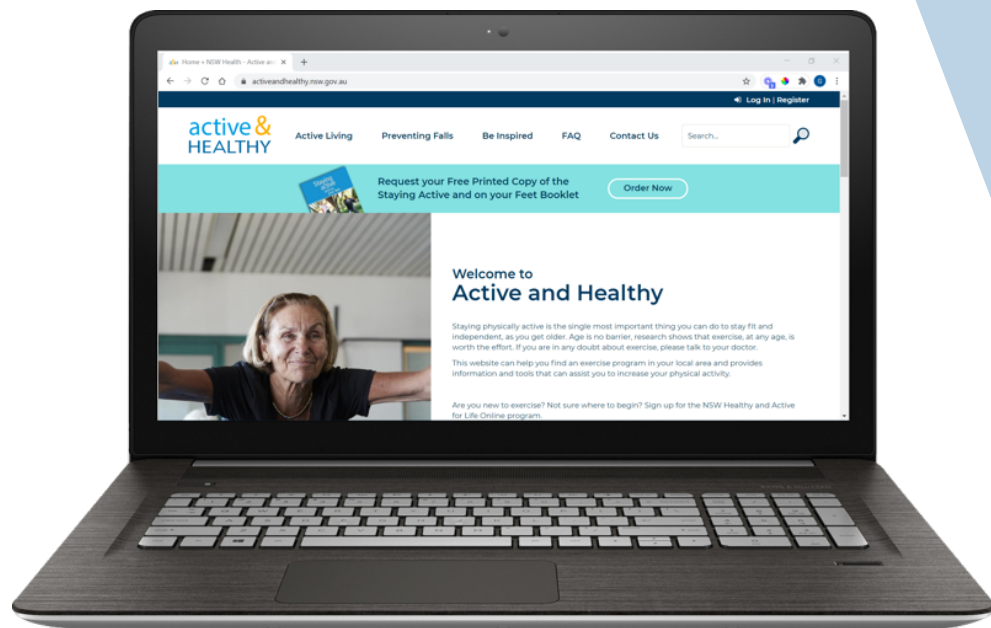
Eligibility Requirements

Participants must

- • not be currently involved in any other exercise program, excluding walking groups.
- • be able to walk independently (walking frame for outdoor use only).
- • be able to do gentle exercise and satisfy a pre-exercise screening questionnaire (or obtain GP clearance).
- • be able to access the online HAL Online modules and exercise modules.
- • be able to understand and read English.



Registrations & Referrals



Participants can be referred by health professionals, doctors, exercise leaders and via self-referral.



To register, participants should visit www.activeandhealthy.nsw.gov.au.



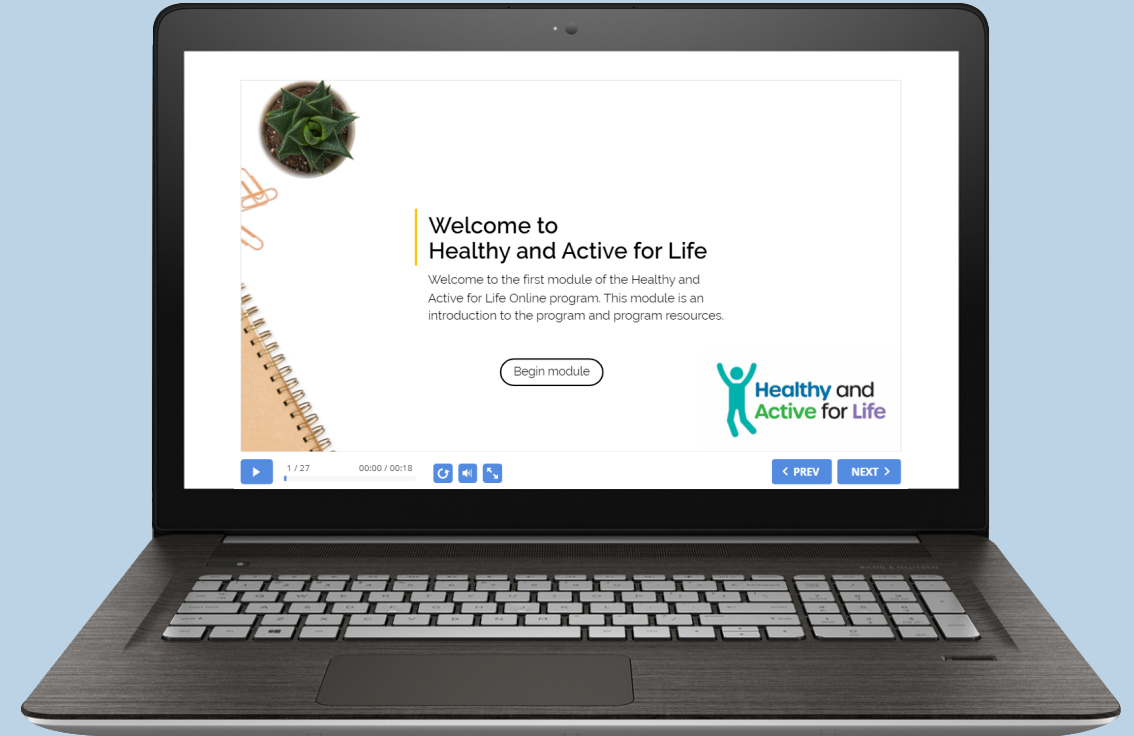
Participants then complete the online registration form and complete a pre-exercise screening questionnaire.



Participants who answer 'Yes' to any of the pre-exercise screening questions will be sent a GP clearance form to complete prior to being accepted into the program.

Online Access

- After registering, participants are then allocated to a group.
- Participants can log into their account and access the online modules, exercise videos and weekly handouts.
- A new module becomes available each week.





Weekly Overview

What to expect during each week of the Healthy and Active for Life Online program.



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Overview of Weeks 1-5

Week 1: Introductions, pre-program survey and optional topics

Week 2: Goal setting

Week 3: Healthy plate and serving sizes

Week 4: Sugar, salt & fat and label reading

Week 5: Calcium and vitamin D

Participants will complete exercise **circuit 1** in weeks 1-5 of the program.

Overview of Weeks 6-10

Week 6: Fibre and incontinence

Week 7: Goal setting evaluation and optional session

Week 8: Optional session

Week 9: Optional session

Week 10: Where to next

Participants will complete exercise **circuit 2** in weeks 6-10 of the program.

Optional Sessions

- 1: Oral health and vision
- 2: My Aged Care
- 3: Falls prevention
- 4: Recipes and food swaps
- 5: Food safety and shop smart, shop healthy

Participants choose 3 optional sessions to complete, out of a possible 5.



Exercise Component

Key exercise components of Healthy and Active for Life Online and participant resources.



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Exercise Resources



Access to videos

Participants have access to the exercise videos for 12 months. They can review them as often as they need.



Exercise manual

Participants are encouraged to use the exercise manual along with the videos and follow the instructions for each exercise.

Exercise Log

- Inside the exercise manual there is an exercise log for participants to complete each week of the program.
- When participants complete an exercise, they add this to their exercise log.
- Participants can complete the exercises during the day, or during the week. For example, they can do exercises 1 – 3 in the morning and exercises 4 – 6 in the afternoon. Participants do not have to complete the whole circuit in one go.

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Exercise log – week 1

You can use this table to record how many exercises you do each day. Try to do each exercise for one minute. Tick the box when you have completed that exercise on each day. Add another tick if you do it twice in one day.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Sit to stand							
Wall push ups							
Calf raises							
Reach and rock							
Arm raise							
Squat							
Side step/walking							
Shoulder flexion finger walk (wall)							
Knee curl/flexion							
Knee extensions							
Arm circles							
Standing hip extension							
Other exercise e.g. walking							

Notes:
Add comments, questions or concerns you have for the facilitator, issues you had with any exercises, and positive aspects of the exercises this week.

Week 10 & End of program

- 1 Participants receive recommendations and information for community exercise programs in the local area.
- 2 HAL Online Phone Coaches can refer participants to the Get Healthy Coaching and Information Service.
- 3 Participants have access to all program content for 12 months, including the exercise videos.
- 4 Participants receive a completion certificate.



Testimonials



Lynn (Participant)

“Since commencing HAL Online my balance and flexibility has improved quite remarkably, especially in my right leg that I had a knee replacement in 2 years ago. The information is written in an uncomplicated manner and given purely as a guide to better choices of food, lifestyle and health. I believe the HAL Online program has increased my sense of general wellness.”





Thank you for taking the time to learn about the Healthy and Active for Life Online program and what it can offer to older adults across NSW.

Questions?



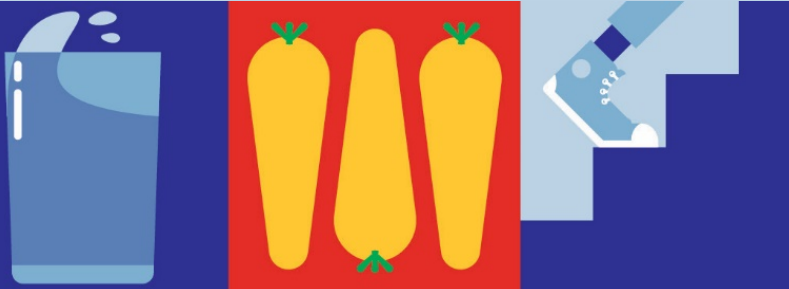


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