



# Free 12 Month Health and Fitness Program

*- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -*

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.



## How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

### The program covers a range of topics including:

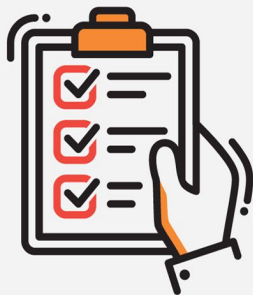
- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

## Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

### You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans



## Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

**To check your eligibility visit**

<http://www.veteranshearthealth.com.au/eligibility>



## Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number **1300 246 262** at any time to speak to one of our team.

## Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

**CHM Corporate Health Management Pty Ltd**

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