

HEALTHY GOALS™

HELPING YOUR CLIENT REACH
THEIR GOALS

WHY?

Looking for a fun way to get your client (or family member) excited about looking after their health and wellbeing?

Want the right mix of personalised and practical activities to set up great life-long healthy habits?

Want a program that's easy to set up and get going?

HOW?

We work together with you to create the perfect program for **self-managed or plan-managed*** participants across these NDIS support areas:

- Increased social and community participation
- Improved relationships
- Improved health and wellbeing
- Improved learning
- Improved life choices



WHAT?

We love supporting people to do what they love, try new things, and reach their goals. Here are just some of the activities that may make up a program:

- Sports activities (footy, soccer, cricket, tennis, running, basketball, downball, baseball etc)
- Strength and fitness
- Quitting smoking
- Healthier food choices (supermarket tours, label reading, cooking)
- Participation in our FREE community programs across the state
- Life skills and mentorship to support further education, finding a job, or setting up a business (using the whole Healthy Tasmania team)

**Please note we are not a registered NDIS provider*

www.healthytasmania.com.au



WHO?

Hayden Fox is our super coach! He has a real talent for helping people get excited about their health and wellbeing. Hayden is known for making participants feel comfortable, ready to have a go at any activity (and even laughing at his jokes!)

Hayden has years of experience working with people with all different abilities and from all different backgrounds. He also has a Degree in Exercise Science, a Graduate Certificate in Human Nutrition, is a registered exercise professional and personal trainer, and has his current Working with Vulnerable People check, First Aid and Mental Health First Aid.

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