

HEALTHY GOALS™

HAVE FUN, BE HEALTHY

WHAT WE CAN SUPPORT YOU WITH:

Are you looking for a FUN way to reach your NDIS goals?

Do you want to look after your health and wellbeing?

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 for you:

- Sports activities (footy, soccer, cricket, tennis, running, basketball, downball, baseball etc)
- Strength and fitness
- Quitting smoking
- Healthy food choices
- Cooking
- Meal plans and supermarket tours
- Join free community programs across the state



**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.

CONTACT:

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