

Together
we can **BE**
& ACTIVE
HEALTHY



ACTIVE & HEALTHY

Community based wellbeing program

Physical, social and mental benefits

Reduce barriers to participation

Connection to others



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& HEALTHY

2023 – 2024 ACTIVE AND HEALTHY

LIFESTYLE GUIDE



active and healthy

CITY OF
GOLDCOAST

WHY

- More than 43% of Australians have experienced a mental disorder
- One of the leading risk factors for mortality is physical inactivity
- 1 in 2 adults (55%) did not meet the guidelines
- Australians sit almost 10 hours each day
- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.

& ACTIVE & HEALTHY



It brings me joy when I see my people, the community light up, see them build friendships and go back to their doctors and get a rave review that what they are doing is actually working for them. The social benefits are massive for people to fight loneliness and social isolation.

**RACHELLE
BALLARD-CLAYTON**
MEE Active



TEAM ACTIVE & HEALTHY

Large team of experienced and passionate professionals deliver over 300 classes weekly

- Qualified
- Experienced
- Insured
- First Aid, CPR, Mental Health First Aid
- Risk Management
- Community minded

REHABILITATION THROUGH MOVEMENT

Modified activities to suit various levels of ability

Delivered by Allied Health Professionals

Localised and affordable

Chronic disease and mobility concerns

Type of Services

Water
Therapy

Lower Back
Health

Active
Memory &
Balance

Men's Health

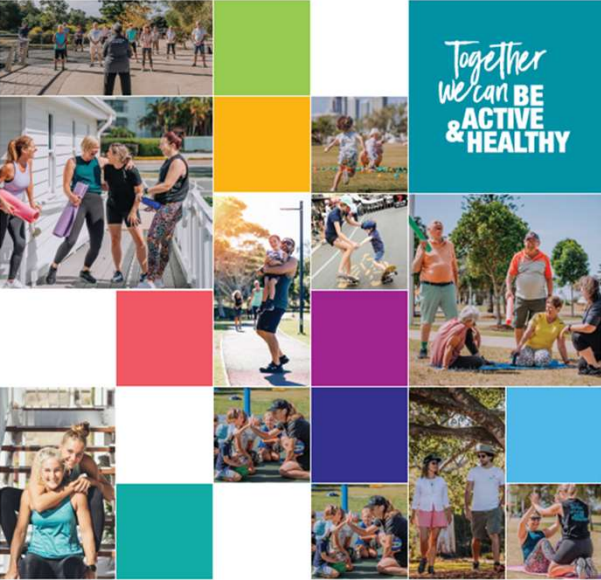
Walk and Talk
for Wellness

Sit & Stretch




-My name is Coleen and I had an accident where my leg was crushed which left me with drop foot. It has impacted my life greatly. I previously was very active but since my accident in 2005, it had that left me unable to even do daily activity. Due to the fact that I rely on using crutches, for only a short distance, and I also am using a mobility scooter. I have had 2 shoulder operations, an elbow operation and my right hand operated on, requiring joint replacement. In addition, due to an earlier whiplash injury, I have extensive operations on my neck where I needed 2-disc replacements. In the past 17 years I have had countless physio and acupuncture sessions, which did not improve my condition at all. I tried endlessly to find a place that would be able to help me maintain and improve my overall health but there was nothing out there. Then I received a letter drop brochure for an A&H Sit n Stretch class near me. When I first started, I learnt how unfit I was, so I attended these classes weekly, for about 6months. I wanted to do more so I asked Janet if she thought I could do the the Active and Healthy program on Mondays and asked if it would benefit me and she assured me that she could show me how to do it from a chair and some standing. I loved both classes and I continued to get better with each class. The Active and Healthy program has been exactly what I needed. My fitness and mobility have improved. Before these classes I did not venture to far from home and socially I was cut off. This has changed for the better. The ladies at these classes are just so lovely and I believe that this has also helped my mental health and we all have become like family. I have made some wonderful friendships and memories. Janet treats everyone with the most loving friendship and always make sure we get exactly what we need with each class and I believe that without these classes my health and mental health would continue to deteriorate. I am now happy and I can now achieve tasks at home and I look forward to every class” Coleen, 62

Where to find



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2023 – 2024 ACTIVE AND HEALTHY
**LIFESTYLE
GUIDE**



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2023 – 2024 GUIDE

active and healthy

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Active & Healthy calendar

Home / Things to do / Active & Healthy program / Active & Healthy calendar

LISTEN

Check out our free and low-cost activities to keep you active & healthy!

Search Events

PHRASE OR KEYWORD: cancer wellness


SUBURB: [dropdown]

FROM: 25/03/2024 TO: 07/04/2024

FREE

Search

25 MAR 2024




Active & Healthy cancer wellness program

11 Centurion Crescent, Nerang 4211

Specifically for people who are either going through or recovering from cancer treatment, this supportive and progressive group exercise program has been designed by an Accredited Exercise Physiologist and is delivered by university trained practitioners.

26 MAR 2024




Active & Healthy cancer wellness program

1525 Gold Coast Recreational Precinct, Palm Beach 4221

Specifically for people who are either going through or recovering from cancer treatment, this supportive and progressive group exercise program has been designed by an Accredited Exercise Physiologist and is delivered by university trained practitioners.

27 MAR 2024



Active & Healthy cancer wellness program

90 Reserve Road, Upper Coomera 4209

Specifically for people who are either going through or recovering from cancer treatment, this supportive and progressive group exercise program has been designed by an Accredited Exercise Physiologist and is delivered by university trained practitioners.

SOCIAL PRESCRIPTION

What is the best way to link medical professionals to community-based programs?

**& ACTIVE
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Clear Communication and Information Sharing

Establish clear communication channels between healthcare professionals and A&H

Provide healthcare professionals with comprehensive information about the program, including activity schedules, locations, and instructor qualifications.

Integration with Healthcare Systems

Integrate social prescribing into electronic medical records or healthcare management systems used by healthcare professionals.

Other suggestions?



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