



Get Active Gold Coast *My Story*

Date: Oct-Dec 2010

Location: Burleigh Heads



Kickstart 4 HEALTH

ACTIVITY PROVIDER

Obesity Prevention Australia

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Kick Start for Health

Kick Start for health is a personal health and lifestyle development workshop that gives you the tools, skills and knowledge to create your own personalised lifestyle plan.

Kick Start for health is your chance to take control of your health, your body and your life!

Participant comments:

"I want to take this opportunity to say thank you. Your course is very informative & helpful. It has made my thinking change about the way I think of food & life. I am so much more involved with outdoor activity & my family & I enjoy it."

"I cannot begin to tell you what an impact this workshop has had on me, it is really making a difference to the way I approach my lifestyle and looking ahead to carrying on these changes."

"I'm so happy I found out about your Obesity Prevention Program – I have been to several nutritionists which have been intriguing experiences but I can never remain consistent with what they ask of me. The difference about the Obesity Prevention Program is that is so **real and basic**. It truly is the ground work for healthy living!"

"I am now more conscious of what and when I eat and the importance of exercise. This course certainly makes you more aware of everything around you."

"Found it very beneficial for my future health and weight loss and other aspects of my life."

Having a lifestyle folder to reuse mission statements, activity goals and mindfulness has been very beneficial."

"I am so much more involved with outdoor activity & my family & I enjoy it."

Want to get involved?

Contact Obesity Prevention Australia

Visit the GAGC website

Search *Accredited education* to find the next Kick Start for Health course.

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FACTS:

- Men and women of all ages benefit from a moderate amount of physical activity!
- As an adult, get active every day, in as many ways as you can.
- Put together 30 minutes of moderate intensity activity most, preferably all days.
- If you can, also enjoy some regular, vigorous activity for extra health and fitness.
- Maintaining a regular routine of physical activity of longer duration or greater intensity are likely to derive greater benefits.
- Find activity options at getactivegoldcoast.com.au

**Get up, get out...
get active!**