



Quality pathways to healthier communities

## FACT SHEET Community Members

The Healthy Living Network is a one-stop-shop website containing information on the Healthy Communities Initiative. The Healthy Living Network provides a lists quality registered activities, providers and programs in your local area.

### Who

Any community member wanting to find information about health living activities in their local area, regardless of current fitness level or health conditions.

### Why

Keeping active through physical activity such as walking or planned exercise in the context of daily, family, and community activities combined with a well balanced diet can enhance quality of life and contribute to health and to a general sense of wellbeing<sup>1</sup>.

### How

Community members can use the Healthy Living Network to search for healthy living activities and programs, by selecting from the following categories:

- Physical Activity
- Healthy Eating
- Combined Programs
- Other Programs, such as Community Gardens



For more information call 1300 HLN 000 or  
email [info@healthylivingnetwork.com.au](mailto:info@healthylivingnetwork.com.au)

[www.healthylivingnetwork.com.au](http://www.healthylivingnetwork.com.au)

# Healthy Living *Network*



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Community members can find activities, such as walking groups, community gardens, cycling skills and specific programs for those with heart conditions or diabetes. The contact details of the organisation running the activity as well as the cost, timeframe, and a map of the location is also listed on the Healthy Living Network.

You can ask a health professional or community worker to assist you in searching for suitable activities. They may be able to print off activity information for you which will include all the information you need to attend.

### Help

For more information regarding Programs in your area or the Healthy Living Network please contact QMS on **1300 456 000**.

1. World Health Organisation (WHO) 'Global recommendations of activity for physical health' & Strategic Inter-Governmental Nutrition Alliance (SIGNAL) 'Eat well Australia: an agenda for action for public health nutrition'



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