

HEALTHY GOALS™

HELPING YOUR CLIENT REACH THEIR GOALS



**HEALTHY
TASMANIA**

WHY

Looking for a fun way to get your client excited about looking after their health and wellbeing?

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

HOW?

We work together 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, 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)

ABOUT YOUR COACH, HAYDEN FOX

Hayden has a talent for helping people get excited about health and wellbeing. You'll often find him cracking a joke and is known for making participants feel comfortable and ready to have a go at any activity.

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.



Photo courtesy of The Examiner

CONTACT

Hayden Fox | Project Coordinator

0438 386 025

Hayden.Fox@healthytasmania.com.au



**Please we are not a registered NDIS provider*

www.healthytasmania.com.au