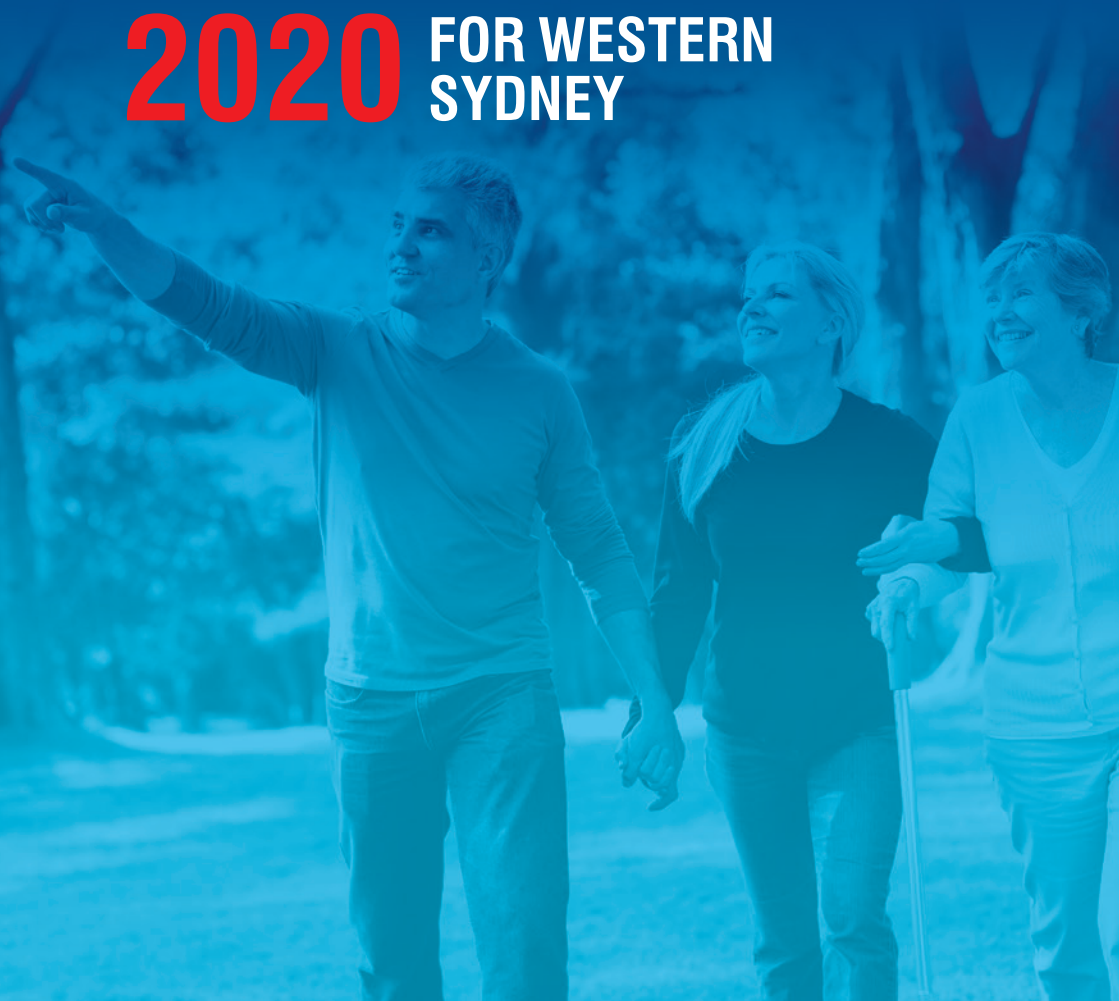


# HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY



## About This Booklet

At Western Sydney Diabetes we are proud to provide our residents with information on a range of local healthy living programs.

Due to ongoing developments with COVID-19 we have updated our booklet to reflect the temporary closing of many programs, and to acknowledge that most of us are experiencing massive lifestyle changes due to spending so much time at home. During this challenging time, it remains even more important for us to look after our own mental and physical wellbeing.

This booklet has been prepared to give you a range of programs and learning opportunities that may help you through the coming months, with the focus pivoting from face-to-face programs to online activities and courses.

We have included a large range of programs that provide support, teach new skills, and help to motivate you to improve your fitness, or even lose those extra kilograms. As before, we have focused on programs that are either free or very inexpensive.

Please visit our website for more information on healthy living options: [www.westernsydneydiabetes.com.au](http://www.westernsydneydiabetes.com.au)

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# FREE ONLINE COOKING CLASSES



## The Kitchn's Cooking School

<https://www.thekitchn.com/how-to-join-kitchn-cooking-school-22952427>

This is a 20 lesson program where you can tackle an essential cooking topic each day. It provides videos, photos and detailed instructions.

You will learn a number of techniques starting with knife skills, moving on to cooking with grains, poultry, making salads and sauces and even perfecting the presentation of your dishes. With each lesson, you'll be given a choice of assignments to try out your new skills. (**FREE** to join at the Kitchn)

## Food Techniques

<https://www.bbc.co.uk/food/techniques>

BBC has information on a vast selection of cooking and food preparation techniques that provide cooks of all levels with excellent information, descriptions and demonstrations. Subjects are broken up into sections including how to prepare and cook fruit and veg, meat, poultry, eggs, fish, pasta, baking and sauces. Each technique is rated with its difficulty and provides a video, written description and a number of recipes you can try which use the technique.

This is a really wonderful resource for learning the very basic to advanced techniques. This website is **FREE** and there is also a selection of over 10,000 recipes on which to try out your new skills.

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## Dinner Tonight Texas A&M

<https://dinnertonight.tamu.edu/>

This website was set up in order to teach people how to make quick, inexpensive and healthy dinners for themselves and their families. It provides great information for those who haven't had much experience in cooking, so is an excellent resource for those just starting out in the kitchen.

This website provides recipes and also gives weekly video demonstrations of various recipes. It also provides cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

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## Better Homes And Gardens

<https://bhg.com/recipes/how-to>

If you're looking to become a better cook, this website will help with its extensive cooking guide. There are cooking charts outlining the times and temperatures you need to cook meat, poultry, and vegetables to perfection. There are also fantastic how-to videos that allow you to see skills in action.

From basics tips like how to boil potatoes, to advanced skills such as how to butterfly a lobster tail – all are outlined on this website. (**FREE** at Better Homes and Gardens)

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

# Delia Online Cookery School

<https://www.deliaonline.com/cookery-school>

Delia Online features a host of cooking technique articles of varying levels of difficulty. Each lesson has step-by-step instructions with photos. Anyone who wants to learn to cook, can learn the skills.

Delia leads you by the hand step by step. This website allows you to learn to cook in your own time at your own pace.

## Instructables

<https://www.instructables.com/class/Cooking-Class/>

If you've ever wanted to learn how to cook, this is the class for you! By following along, you'll learn all the fundamentals of cooking that you need to create delicious meals.

You will be shown which pots, pans and tools are essential in your kitchen, and how to stock your kitchen pantry so you always have the ingredients on-hand to make a tasty homemade meal.

The screenshot shows the Instructables website interface for a 'Cooking Class'. At the top, there's a navigation bar with 'Instructables', 'Profile', and 'Community'. Below that, a large image of a dish is displayed with the text 'COOKING CLASS'. To the right of the image, there are buttons for 'Join' and 'Download'. Below the image, there's a section titled 'Lessons' with two lessons listed: 'Lesson 1: Tools and Supplies for Cooking' and 'Lesson 2: Knife Skills'. Each lesson has a small image and a 'New Lesson' button.

Along with properly outfitting your kitchen, you'll learn all about how to use a chef's knife safely and other simple ways to become a competent cook.

Once you've covered the basics, you'll be guided through eight different cooking techniques that will improve every meal you make. Each cooking technique is also paired with a recipe collection so you can practice these techniques while making a delicious meal.

Take this class and you'll be feeling like a great cook in no time!

# EASY DINNERS

## FOR BEGINNERS



## Web Help For Non-cook Dinners

The following websites give an outstanding range of non-cook dinners. Most are healthy, very easy to prepare and require basically no cooking skills.

Instead of cooking, you will chop, squeeze, slice, arrange, dollop and mix to make beautiful meals for yourself and your family. You will be inspired to prepare tasty salads, wraps, poke bowls, snack boards, grain bowls, pitas, soups and tartines.

These recipes will allow you to assemble food that may have already been cooked (such as ham), use leftovers, or simply raid the pantry or fridge.

<https://www.bbcgoodfood.com/howto/guide/healthy-no-cook-dinners>

<https://www.taste.com.au/quick-easy/galleries/our-best-ever-no-cook-dinners/l674mDpo?page=6>

<https://www.thekitchn.com/13-no-heat-no-cook-meals-that-still-fill-you-up-240527>

<https://www.delicious.com.au/recipes/collections/no-cook-dinner-recipes/aa907e5e-65bf-4113-b2f9-ac66525dc30e?page=4>

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

### Basic Healthy Dinners

These websites are perfect for the not-too-confident cook. They provide a wide variety of very simple recipes that are quick, nourishing and easy to prepare.

You can choose from soups, salads, burgers, stir fries and pasta dishes (just to name a few). You will be surprised how your skills and confidence will develop after cooking these delicious recipes.

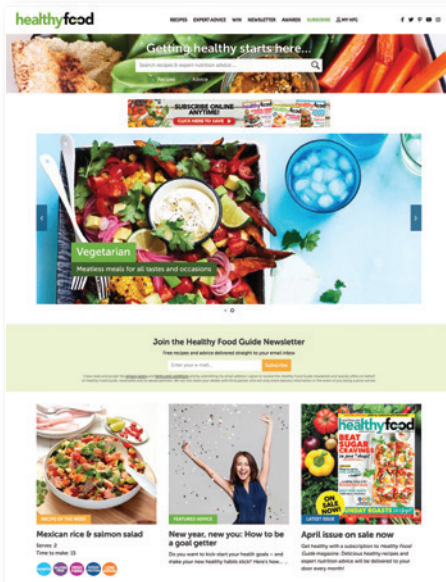
<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy>

<https://www.taste.com.au/recipes/collections/healthy-quick-dinner-recipes>

### Australian Healthy Food Guide Magazine

<https://www.healthyfoodguide.com.au/>

This magazine has tips and information on all kinds of healthy foods, diets, cooking skills – and even foods that you can cook when you arrive home at 5pm and want to get a nutritious meal on the table.



It was voted the best food magazine in Australia in 2019 and is available at newsagents, or you can subscribe. On their website, there are back issues with a library of their previous recipes, expert advice and health articles that you may like to look at – **FREE!**

There is a massive range of healthy recipes that contain both instructions and extensive nutritional information. You will even be given the approximate time it takes to make each recipe and the cost per serve.

For anyone trying to have a healthy diet, lose some weight or even give up takeaway food, this magazine will give you an endless supply of delicious recipes and healthy alternatives.



# FREE ONLINE EXERCISES

YOU CAN DO FROM HOME



## Make Your Body Work

<https://makeyourbodywork.com/how-to-exercise-at-home/>

### How to exercise at home: the 50 best FREE online workout resources

These are the 50 best resources for **FREE** online workouts that make it easy for you to exercise at home. Whether you have just a few minutes for a quick core workout, or if you'd like to join a month-long daily yoga challenge, there is something here that will help you exercise at home.

The fitness videos that have made this list are the very best when it comes to teaching you how to exercise at home. These workouts require little to no equipment and are taught by excellent fitness instructors who know their stuff.

There is a huge range of classes for all ages, fitness levels and interests. So whether you're starting to exercise for the very first time or want to improve your fitness, lose weight or get that 'bikini body' you've always wished for, there will be a program to suit.

Take a look through this amazing list of at-home exercise routines and find the perfect fitness instructor who can help you get a great workout done in just a few minutes each day.

## USA Today: Workouts While Quarantined

<https://www.usatoday.com/story/life/health-wellness/2020/03/19/workouts-while-quarantined-free-for-now/5075650002/>

Here's a list of seven different types of workout programs that might interest the gym faithful who want to exercise at home. At the moment they are **FREE**, however some may require payment after an initial trial period. The prices applicable to these apps are in USD\$.

### If you like intensity and dumbbells: Sweat app

Kayla Itsines' women's fitness app is hugely popular and is filled with her signature BBG (Bikini Body Guide) program. Her 26-minute exercises call for dumbbells and jumprope. The app (available in the App Store and Google Play) is **FREE** for seven days. After that, it's \$19.99/mth.

### Want a low-key yoga practice? Try Yoga with Adriene

Adriene Mishler's yoga YouTube videos have more than 500 million views. She has a large range of videos, from long morning routines to a quick, post-run stretches and movements for neck pain. The instructor is down-to-earth and easy to follow, and her adorable dog Benji, who is seen sleeping in many of her videos, just adds to the mellow vibe. Adriene has just uploaded a 'Yoga for Uncertain Times' YouTube workout playlist which, like all of her videos, is completely **FREE**.



### **If you have a treadmill or stationary bike: Peloton app**

Whether or not you have a Peloton bike or treadmill, you can access the Peloton app for its running and spinning workouts. Peloton's motivating instructors (many of whom have huge followings) lead live-streamed classes where users can virtually high-five other participants. The Peloton app also offers bootcamps, guided runs, yoga and strength training routines. Peloton is offering its app (available in the App Store, Google Play and Amazon Appstore) for **FREE** for 90 days. After that, it's \$12.99/mth.

### **If you need a quick HIIT: Tone it Up app**

Uplifting trainers Katrina Scott and Karena Dawn host live classes and have a library of hundreds of workouts that range from 10 to 40 minutes. Their goal is to help you boost metabolism and tone up. You can do plenty of their efficient workouts with just a yoga mat. You'll be able to do even more with a dumbbell and resistance band. Tone It Up (available in the App Store) is now **FREE** until April 13. After that, it's \$14.99/mth.

### **For a low-impact option: MWH Method**

Suitable for people with limited space: Melissa Wood Tepperberg's classes involve small and precise movements that can be done anywhere. She also offers guided meditations. The first week of workouts (available online and in the App Store) are **FREE**. After that, the program is \$9.99/mth.

### **Something for the kids, too: Sworkit**

Sworkit emphasises proper form with detailed descriptions of each fitness move. There are exercise playlists for adults, and also specific categories of workouts for children. Sworkit technically stands for 'simply work it'. The app (available at the App Store and Google Play) offers **FREE** kids content and is \$9.99/mth after a 7-day trial.

### **If you love boutique fitness classes: Orangetheory at home**

This international fitness franchise have announced it would have the same team that designs its in-studio workout create at-home ones. They have begun posting daily Instagram videos that feature several workout circuits and demonstrations.

You don't need to be an Orangetheory member to watch the **FREE** IGTV videos, and you also don't need any equipment.

USA Today also has come up with a most inventive and inspired list of '**100 things to do while stuck inside**' and '**100 songs to listen to**' which are fun and uplifting. <https://usatoday.com>

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

# Go4Life

From the National Institute on Aging at NIH

<https://go4life.nia.nih.gov/workout-videos/>

This website has a range of excellent videos for seniors which focus on strength, balance and flexibility. They include a warm-up video, and a range of workouts extending from 10 minutes to 60 minutes. It also has a range of videos for workouts concentrating on specific areas such as upper body, that you may want to focus on.

The videos feature Go4Life fitness instructor Sandy Magrath leading older adults through a series of workouts. These workouts are especially for adults over age 50 and can be done at home, at work, at the gym – almost anywhere!

You don't need any equipment that you wouldn't already have in your home. You'll need a sturdy chair with arms, two equally weighed objects like dumbbells, soup cans or water bottles, a mat and a towel. The video includes instructions on how to modify some of the exercises to meet different needs.

This website also has a range of **FREE** resources which you can download, including a fantastic exercise guide which will help you plan, set goals and record exercise, and even track your monthly progress.

The screenshot shows the Go4Life website interface. At the top, the logo 'Go4Life' is displayed with the tagline 'from the National Institute on Aging at NIH'. A search bar is located on the right. Below the logo, there are navigation links: 'How Exercise Helps', 'Try These Exercises', 'See Workout Videos', 'Free Resources', and 'Stay on Track'. The main heading is 'Sample Workouts: Getting Fit for Life'. Below this, a paragraph states: 'Physical activity is an important part of healthy aging. Try these Go4Life workout videos to help you fit exercise and physical activity into your daily life.' The page features a grid of nine video thumbnails, each with a title and a duration:

- Warm Up (10-minute)
- Exercise Warm Up for Older Adults
- 15-minute Sample Workout for Older Adults
- 10-minute Sample Workout for Older Adults
- 20-minute Sample Workout for Older Adults
- 60-minute Sample Workout for Older Adults
- Learn about Endurance Exercises for Older Adults
- 7 Strength, Balance, and Flexibility Exercises for Older Adults
- 6 Upper Body Strength Exercises for Older Adults
- 4 Lower Body Strength Exercises for Older Adults

# FREE ONLINE DANCING CLASSES



## Learn To Dance

[www.learntodance.com](http://www.learntodance.com)

Two left feet? Now is the time to learn to dance in the privacy of your own home. As well as being a super way to exercise for weight loss, fitness and muscle tone, dancing also makes us happy.

This website provides **FREE** online dance classes for over 10 styles. It will provide you with demonstrations on the basics of ballroom and Latin, Hip hop, Salsa, Ballet, Club dancing, tap dance, freestyle, breakdancing, Irish step dance, line dancing, country western, Argentine tango and even belly dancing!

After trying and practising the basics, you may want to continue learning a particular style. In that case, you can pay to download up to 50 instructional videos or purchase DVDs. One-on-one coaching is also available for an additional cost.

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

### YouDance

<https://youdance.com/>

At YouDance.com, the mission is to create a more convenient, fun and affordable way to learn to dance. When you enrol, you will get unlimited access to all the content which includes over 1,000 videos for you to learn your chosen dance style step-by-step.

You will have access to 7 different dance genres: Hip Hop, Ballet, Contemporary, Clogging, Jazz, Kids Dance Along and Dance for Exercise. The videos range from 2-20 minutes.

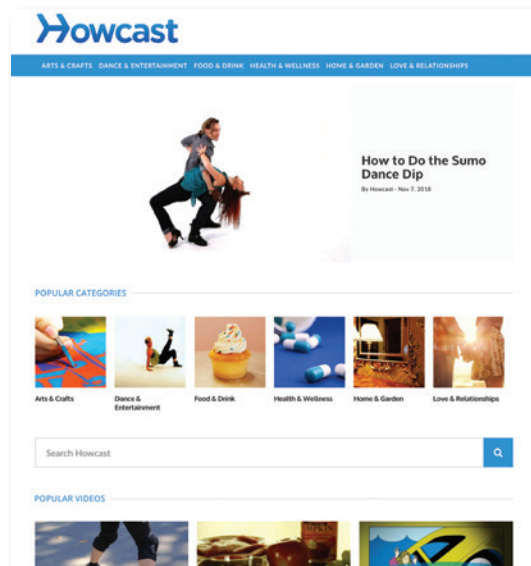
YouDance is suitable for all levels of dancers for people aged from 2 years upwards. Each dance lesson on YouDance.com ends with a quiz. Take it, pass it and you'll know that you're on the right track.

It can be streamed through your TV with chromecast, Apple TV, Xbox, Playstation and Roku. You can also view on your laptop, tablet or smartphone. There is a **FREE** trial for 7 days and after that it costs \$15 US per month.

### Howcast

[www.howcast.com](http://www.howcast.com)

This website offers a very extensive range of videos giving instruction on a large number of hobbies, including numerous dance styles and dancing skills. Instructional videos cover everything from etiquette on the dance floor, to how to dance like Michael Jackson. The videos are **FREE** and due to the broad range, suitable for dancers of all levels.



# LOOKING AFTER YOUR MENTAL HEALTH

## LOOKING AFTER YOUR MIND DURING SELF-QUARANTINE



## Headspace

[www.headspace.com](http://www.headspace.com)

Headspace is an organisation dedicated to the mental health of young people. They have an excellent app relating to incorporating mindfulness into your everyday life.

Mindfulness is the ability to be fully present in the moment and can have numerous benefits, from decreasing stress to increased levels of focus and happiness.

Mindfulness is a way of living in which you are able to step back and be in the present moment in any situation. It doesn't eliminate stress, but gives you a choice with how to deal with difficult situations.

If you're looking for a beginner's guide to mindfulness, Headspace offers a 10-day beginner's course on the essentials of meditation that will help you develop mindfulness – available for **FREE** – which is an ideal way to start building the foundation for a life-changing daily meditation practice.

Headspace also offers guided meditations for stress, anxiety, sleep and more, as well as movement exercises. Once you have learnt the basics, you may want to sign-up for Headspace Plus, which for a small fee will send a new daily meditation to your phone.

Headspace has also added an excellent section to their website entitled 'Coping with stress related to COVID-19' specifically for 12-25 year olds.

## Beyond Blue

[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Support line 1300 224636**

Beyond Blue aims to provide information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Their website currently has an excellent section entitled 'Looking after your mental health during the coronavirus outbreak'. This provides practical and useful information on mental health, along with useful links where you can find further information on health and welfare from a wealth of sources. You can also join in on forums relating to COVID-19.

There is also a very large range of outstanding articles on achieving your personal best. These encompass a variety of topics that are especially useful during these uncertain times. They are as varied as stress busting activities to help you relax, meditation, self-care, how to make your space more mentally healthy and even desk yoga poses. Beyond Blue also provide access for you to chat online, email for a response, or to join forums.

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## Snapshot

<https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot>

A **FREE** mobile app designed for Australian adults to check and monitor their mental health and wellbeing status.

Black Dog Institute's Snapshot is an app that allows Australian adults to measure and monitor mental health and lifestyle factors that influence wellbeing. Based on your responses, it also provides general advice on how to improve your health and wellbeing, and offers recommendations for where you could seek help and support.

Answering a series of simple questions allows Snapshot to assess your general happiness, mood and anxiety, as well as work stress, sleep, social support and alcohol intake. The feedback it provides to you is based on comparisons with Australian population data, including the Black Dog index.

All help and support recommendations made by Snapshot are reputable and evidence-based programs and resources.



## Head To Health

<https://headtohealth.gov.au/about-us>

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations.

Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums and phone services, as well as a range of digital information resources.

Whether you are trying to improve your own sense of wellbeing or helping someone you care about, Head to Health is a good place to start.

Resources include:

- Evidence-based apps and online programs that can help you build personal skills and track progress
- Mental health websites created by trusted organisations that give you detailed information and advice on specific mental health topics
- Phone, chat, and email services, if you're looking for confidential, professional support
- Dedicated online forums and other peer support services where you can talk to people with similar experiences

There is also a section on COVID-19 support which you may find useful.

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## Smiling Mind

<https://www.smilingmind.com.au/>

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. They do this through an evidence-based **FREE** app where you can practice your daily meditation and mindfulness exercises from any device.

They explain mindfulness as paying attention to the present moment with openness, curiosity and without judgement. The team at Smiling Mind suggest you can do this by using the tool for around 10 minutes per day. This app was voted the #1 Apple Health & Wellbeing App 2018 in Australia and has been used by over 4.7 million people.

Smiling Mind has also posted a page on 'Supporting yourself and each other through Coronavirus' to help everyone navigate their way, as best they can, through a rapidly evolving global health crisis.

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

### MindGuide

<https://mindguide.org.au/>

MindGuide has been commissioned by WentWest, Western Sydney Primary Health Network to provide guidance regarding mental health to people living or working in the Western Sydney Region. It is a wonderful source of material on directories, resources, information, networks and advocacy.

For more information contact WentWest on **02 8811 7100**

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### Free Meditation

<https://www.freemeditation.com.au/>

Millions around the world are enjoying **FREE** meditation. Meditation promotes mental, emotional, physical and spiritual wellbeing. Follow a guided meditation to experience inner peace and silence. It takes only a few minutes and really works! You can sit on a chair or on the floor with your shoes removed.

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### Gardening Australia

<https://www.abc.net.au/gardening>

Gardening is a wonderful hobby which has multiple benefits for both your body and mind. Wherever you live, now is the time you might like to begin gardening as a new hobby, or else put some time into creating or working in your garden. You may enjoy trying your hand at growing some indoor plants, creating a balcony garden or giving your garden a long awaited tidy up.

Gardening Australia has a truly extraordinary set of resources that will provide you with a wealth of information on how to make and maintain any kind of garden. It has fact sheets on all kinds of garden activities including Tips/Tools/Techniques, growing in pots and garden design.

An extensive plant finder will give you photos and information on a huge number of native and introduced species of flowers, shrubs and trees. A veggie guide will help you set up a productive, healthy veggie garden full of all kinds of edible plants and fruits.

If you need more inspiration, they even have a space where readers can show their gardens, plants and DIY projects.

# ONLINE HEALTH PROGRAMS

LOOKING AFTER YOUR HEALTH DURING SELF-QUARANTINE



## Queensland Health

<https://www.health.qld.gov.au/news-events/news/self-quarantine-isolation-queensland-novel-coronavirus-covid-19-how-to-look-after-health-wellbeing-mind-body>

This excellent website provides you with information on looking after yourself while you're self-quarantining. It provides links to workouts and **FREE** exercise and yoga classes on YouTube.

Through Healthier, Happier you can access a range of recipes and there is also a link to meditation classes. In addition, this website provides ideas on how to keep connected with others, even if you can't be with them in person.

## Make Healthy Normal

Make Healthy Normal is about making lifestyle changes that can make a big difference to your health. By simply keeping an eye on what you eat and doing a little more exercise, you'll have more energy, look and feel better and even reduce your risk of chronic diseases.

Are you ready to make healthy changes? This website will give you great information on diet and exercise and how you can improve both. Small steps are the mantra of this program and to start you off, you'll be encouraged to take the health quiz and join the 10 Week Make Healthy Normal Challenge. This program allows you to choose and keep track of your own healthy activities and goals in your own personalised Make Healthy Normal account. You will receive your 10 week plan of small steps to help you achieve your goal. You'll also receive weekly emails packed with info and tips to keep you motivated.

Already over 7000 people are enrolled in this **FREE** program to receive help and support towards improving their health and wellbeing.

Visit the website: [www.makehealthynormal.nsw.gov.au/](http://www.makehealthynormal.nsw.gov.au/)

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## NHS Choices Weight Loss Pack

This upbeat online program is specifically for people who live in England so you won't be able to enrol. It does, however, have some really good information, tips, meal combinations and online activities that you may find interesting and fun to read.

Visit the website: [www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx](http://www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx)

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## Online Obesity Support Group

This group is based in the US so there may be some cultural differences in the posts. However it is quite active and provides support for its members.

Virtually every post receives some kind of help or encouragement so you may find it interesting to read.

Visit the website: <https://obesity.supportgroups.com/>

# TELEPHONE COACHING PROGRAMS

ONLY A QUICK CALL AWAY



## Get Healthy Information And Coaching Service

The Get Healthy Information and Coaching Service is a **FREE**, confidential telephone-based service which helps people make lifestyle changes regarding: healthy eating, being physically active, and achieving and maintaining a healthy weight.

**Tel: 1300 806 258. Open: Monday – Friday 8.00am-8.00pm. Send an email with your details to [contact@gethealthynsw.com.au](mailto:contact@gethealthynsw.com.au) and your health coach will call you back**

The service runs for 6 months and delivers the coaching support and information you need to help you reach your health goals.

When you enrol you will receive **FREE** of charge:

- Your own personal university-qualified health coach
- Up to 10 **FREE** coaching calls
- Support to make changes over 6 months
- An information booklet and a coaching journal
- Access to a website where you can download tools and track your progress.

Visit the website: [www.gethealthynsw.com.au/](http://www.gethealthynsw.com.au/)

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## The COACH Program

### Individual Telephonic Health Coaching

**Integrated and Community Health Directorate. Integrated Care Program.**

**Tel: 1800 113 644. Email: [WSLHD-IntegratedChronicCareProgram@health.nsw.gov.au](mailto:WSLHD-IntegratedChronicCareProgram@health.nsw.gov.au)**

#### About the Program

The COACH Program, run by Western Sydney Local Health District, helps people with a chronic disease, such as diabetes, heart and lung disease, to manage their risk factors while working in partnership with their usual doctor/s.

Each patient with a chronic disease is allocated their personal coach. The coach will work with the patient, either on the telephone or by mailing out information in a series of regular coaching sessions over 6 months. The coach helps the patient to maintain their health by setting and achieving health goals for themselves.

Visit the website: [www.thecoachprogram.com/](http://www.thecoachprogram.com/)

# DIETARY SUPPORT



## Parklea Markets

**Address: 601 Sunnyholt Road, Blacktown**

As from 27th March, Parklea Markets have extended their trading hours to now open from 8.30am-4.30pm, 7 days a week. While their non-essential retail stores are currently closed, they have left open their stores that provide fresh food. This includes fruit & veg, deli, butcher, fish markets and herbs & spices. **FREE** local delivery can be arranged for purchases over a certain \$ value.

Parklea Markets have confirmed that 'We are here to help support our community, with an emphasis on the elderly and vulnerable and we are taking all precautions health and hygiene as required by the NSW Health.'

## HEALTHY LIVING OPTIONS 2020 FOR WESTERN SYDNEY

### Box Divvy (A Social Enterprise)

Address: food Hubs all across Sydney  
[www.boxdivvy.com](http://www.boxdivvy.com) Tel: (02) 8006 5237



**Cut your food bill in half!** Box Divvy is where you get fresh local groceries direct from growers and food wholesalers at 30-40% less than supermarkets.

Box Divvy has been developed in partnership with the Western Sydney Diabetes Alliance. The community own the food system and provides good quality, inexpensive food to Sydney families – without all the storage, transport costs and food waste.

**Join** your neighbourhood Box Divvy Food Hub, where you can order and pay online. Then either pick up from your Hubster (the person who runs it), or have your order home delivered (if they offer it).

**Want to be actively involved?** Run a Box Divvy Food Hub and earn income from home, raise funds as a community group, or as a service within a business. Interested? Either register to join or run a Hub at [www.boxdivvy.com](http://www.boxdivvy.com) or email [info@boxdivvy.com](mailto:info@boxdivvy.com)

### Hello Fresh

Address: Level 2, 5-13 Queen Street, Chippendale. Tel: (02) 8188 8722



This service will supply you with recipes and all the ingredients to cook healthy nutritious meals. The boxes are delivered to you at an agreed time. You can check out the recipes for the week before placing your order and choose the number of recipes and people you wish to cater for. Meals start at \$7.49/serving and go up to about \$11-12.

It's an easy way for busy people to eat well without having to plan or purchase food at the end of each day. The meals are easy to prepare, interesting yet simple.

Recipes typically take only 30 minutes or less and don't require fancy equipment. Anyone can cook with Hello Fresh. Our mission is to get more people to cook and our beautiful step-by-step photo instructions will change the way you think about cooking!

Visit the website: [www.hellofresh.com.au/](http://www.hellofresh.com.au/)



# CSIRO Total Wellbeing Diet

## Scientifically formulated 12 week online diet program

CSIRO Total Wellbeing Diet has recently introduced the special edition 12 week program for pre-diabetes and type 2 diabetes. The diet provides a comprehensive online health and wellbeing program that will show how simple changes to your diet can make significant changes to your health.

### About the Diet

The Total Wellbeing Diet is a higher protein, low GI eating plan that is scientifically formulated to deliver weight loss and improve your overall health.

Higher protein meals control appetite and low GI carb foods can stop you from feeling hungry. The program includes over 1000 delicious healthy recipes with generous portions that are designed to keep you satisfied.

### We do all the hard work for you

Managing diabetes is hard enough, so the special edition program makes it easy for you to lose weight and improve your blood glucose. Each week you'll have access to:

- Simple, delicious carbohydrate-controlled meal plans
- Special advice on how diet affects blood glucose control
- Practical exercise plans you can do at home
- Reminders and tracking tools to keep you on track
- A caring community to keep you motivated.

Visit the website: <https://www.totalwellbeingdiet.com>

### TOTAL WELLBEING DIET FOR DIABETES

**Total Wellbeing Diet is well suited to people who are diagnosed with type 2 diabetes or prediabetes and will help you achieve or maintain a healthy weight.**

**\$149**

**12-week plan**  
Total Wellbeing Diet for  
Diabetes

- ✓ Menu plans suitable for diabetes and pre-diabetes
- ✓ Weekly lessons on how to lose weight
- ✓ 12-week scientifically formulated program
- ✓ Exercise plans for all levels of fitness
- ✓ Over 1000 delicious recipes



Register here: <https://my.totalwellbeingdiet.com/member/register/diabetes>

# MEDICALLY BASED INTERVENTIONS



# Quit Smoking Programs



## 1. Quitline

### Telephone support to quit smoking

Quitline is a confidential telephone service, providing customised support to help you plan and quit smoking.

**To contact the NSW Quitline, call 13 7848 (13 QUIT).**

Quitline Advisors are trained to help you to quit smoking, and to keep you on track while you are quitting. Quitline has Aboriginal Advisors, and Advisors who speak Arabic, Mandarin, Cantonese and Vietnamese – you can ask to speak to any of these Advisors when you call. If they are not available, you can leave a message and request for them to call you back. For support in other languages, call the Translating and Interpreting Service (TIS) is available.

Quitline is open during these hours:

- Monday – Friday: 7.00am to 10.30pm
- Saturday, Sunday and public holidays: 9.00am to 5.00pm

The cost of your call is the same as a local call. You can ask the Quitline to call you back – this means you only pay for one phone call.

## 2. iCanQuit Website

<https://www.icanquit.com.au>

Join a supportive online community to help you quit for good!

Visit the iCanQuit website for tips from real ex-smokers and for help creating your own plan to quit smoking. Find out how much money you can save by quitting, and how smoking affects your health.

Visit: [www.iCanQuit.com.au](http://www.iCanQuit.com.au) for information about strategies and products available to help you quit.

## 3. Nicotine Replacement Therapy and other quit smoking medications

Nicotine replacement therapy (NRT) and two quit smoking medications are available via prescription on the Pharmaceutical Benefits Scheme. You may also be eligible for a concession or free script via Close the Gap. Talk to your General Practitioner about whether NRT or quit smoking medications could help you to quit smoking.



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The information provided in this publication is current as of April 2020. Please refer to the individual websites for the most current information and for any changes to products or services.

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