

go
for
your
life™



INFOLine



Physical Activity and Healthy Eating Information Line and Telephone Health Coaching Service

The 'Go for your life' Infoline is a telephone service offering information, health coaching and support for physical activity and healthy eating. A range of physical activity and healthy eating information sheets, recipe books and other printed resources are available. The Infoline can also connect you to local opportunities, events and activities that support Victorians to be healthy and active.

'Go for your life' Telephone Health Coaching Program

Health coaching is a free service provided through the 'Go for your life' Infoline that can help you to increase your physical activity and make healthy eating choices.

When you are referred to the program, a health coach will contact you to arrange a suitable time for an initial phone call. You will be contacted again after one, two, four and six months to check your progress. This program is confidential. With your agreement, reports can be sent to your GP or other health professionals after two months and six months. You can withdraw from the program at any time by speaking with the health coach.

What is health coaching?

Health coaching helps you to follow medical and health advice and to make healthy lifestyle changes.

The focus is on what you want to achieve and what you can actively do to improve your health. The 'Go for your life' Infoline aims to help you reach your health goals.

The 'Go for your life' Infoline is funded by the Victorian Government's 'Go for your life' initiative, and is delivered by Kinect Australia. 'Go for your life' is a whole of Victorian Government initiative that promotes healthy eating and physical activity.



For more information or to be
connected to physical activity
opportunities and healthy
lifestyle resources contact
1300 73 98 99, press 1.

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