



# Healthy Behaviour Change Resources

## National

### [Behavioural interventions for adults](#)

*Obesity Evidence Hub*

A summary of evidence for dietary interventions, physical activity and behaviour modification strategies.

---

### [Back to Basics](#)

*The University of Newcastle*

An online healthy lifestyle program for families to use to support healthier eating.

---

### [Beat It](#)

*Diabetes Australia*

An 8-week group exercise and lifestyle program (available in NSW, ACT, QLD, TAS)

---

### [Healthy Habits program](#)

*Royal Australian College of General Practitioners*

A program that general practitioners can use to monitor a patient's physical activity and nutrition.

---

### [LiveLighter](#)

*WA Department of Health & Cancer Council WA*

An website with tools and resources to support healthier eating and physical activity.

---

### [No Money No Time](#)

*The University of Newcastle*

A healthy eating program including advice, recipes and monitoring.

---

### [Parkrun](#)

*Parkrun*

A free, community event where you can walk, jog, run, volunteer or spectate.

---

---

## NSW

### Active and Healthy

*NSW Health*

A tool to help older Australian's find local exercise programs.

### Active Kids

*Service NSW*

A \$50 voucher for school-enrolled children to use towards sport and active recreation.

### Go4Fun (in person) or Go4Fun Online

*NSW Government*

A program for children aged 7-13 who are above a healthy weight to support eating well and staying active.

### Live Life Well @ School

*NSW Ministry of Health*

School based program to support healthy eating and physical activity for primary-school aged students.

### Munch & Move

*NSW Health*

Initiative to support healthy development of children up to the age of 5 years.

### NSW Get Healthy Service

*NSW Government*

Free phone and online health coaching.

### NSW Knockout Health Challenge

*NSW Government*

A program where you can come together with your mob to eat healthy and live a more active life.

---

## VIC

### Healing Matters

*Monash University*

Provides information and practical resources to help young people living in care make positive choices and behaviour changes in relation to their health and wellbeing.

---

---

## **INFANT**

*Institute for Physical Activity and Nutrition*

Program designed to help parents and families with healthy eating and active play from the start of their baby's life.

## **Life!**

*Diabetes Victoria*

A healthy lifestyle program to help improve eating habits, physical activity, and stress management.

## **Walk to School**

*VicHealth*

A program to help children build the habit of walking to school.

---

## **WA**

### **Healthy Lifestyle Supports**

*360 Health + Community*

A holistic and tailored program to support healthier lifestyles.

---

## **ACT**

### **Community Care Nutrition Services (ACT)**

*ACT Government*

Dietary assessments, advice and counselling for nutrition related needs.

---

## **SA**

### **Better Health Coaching Service**

*Wellbeing SA*

A free, evidence based, confidential telephone coaching service funded by Wellbeing SA to support South Australians to be active, eat well and reduce the risk of chronic disease.

---

## **QLD**

### **My Health for Life**

*Health + wellbeing QLD & QLD Government*

Program providing a health coach to support a healthier lifestyle.

---

---

### **10,000 Steps Program**

*QLD Health*

The program aims to encourage Australians to be active everyday through the monitoring of steps using activity trackers.

### **Country Kitchens**

*The Queensland Country Women's Association*

A health promotion program supporting communities across Queensland to adopt healthier lifestyle behaviours.

### **Growing Good Habits: Family Toolkit**

*QLD Government*

Online resources to support families to make healthier choices.

### **Podsquad**

*QLD Government*

An interactive online program for Queensland families to improve nutrition, physical activity and wellbeing.

---

## **VIC & WA**

### **Better Health Program**

*Better Health Company*

A program providing guidance, resources, and solutions surrounding healthier lifestyles for families with primary school aged children

- 
- For further resources, see our **[Guide on Resources for Creating Healthier Environments and Supporting Healthy Behaviours](#)**

---

Do you know of other organisations providing free or subsidised, evidence-based healthy behaviour support? Please [email us](#) details!