



My Health For Life

What is it and is it for you?

Are you sick of traditional weight loss or gym-style programs? If yes, *My Health for Life* program is for you!

My Health for Life takes a fresh approach to helping people make healthy choices. Maybe yours is finding the motivation and support to get going, while for someone else it's weight loss or finding a physical activity they enjoy. Sometimes it is just about finding the right headspace to keep on track when life gets in the way.

My Health for Life works with you to identify your barriers to healthy change and help you take manageable steps to get past them. *My Health for Life* shows you how to set realistic goals and an action plan for success – and support you throughout your journey to get your health on track.

The program is delivered by Accredited Practising Dietitians who are friendly and have lots of experience helping people reach their goals. We run our programmes in our beautiful rooms and teaching spaces in the Bond Institute of Health and Sport next to the Robina Train Station and CBUS Super Stadium. Parking is free and plentiful! There is easy wheelchair access and a cafe on the ground floor. We have programmes starting every month and are run in both the daytime and evening so everyone has the chance to join a group that suits their schedule.

My health for life is personalised to suit your needs as well allow you to be among other people who are as motivated as you to get healthy. The positivity is infectious and to top it all off, it's free! What do you have to lose??

Suitable for

Individuals over the age of 45 (or over 18 if Aboriginal & Torres Strait Islander) who are at increased risk of a poor health due to high cholesterol, high blood pressure, overweight, previous gestational diabetes or an unhealthy lifestyle.

Target Groups

Chronic Disease

General Public

Healthcare Professionals

Mental Health

Parents / Families

GP's

Women

Men

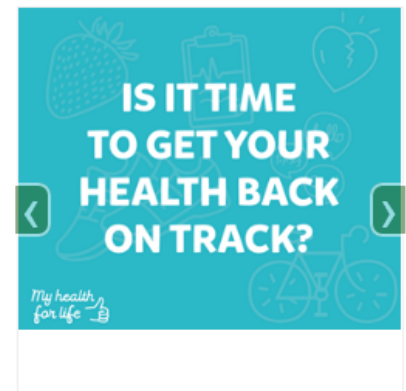
DVA

Veterans

My Health for Life

Services Provided

Aged Care



Documents

No file(s) found.

Available Through

No listing(s) found.

Our Events

[View All](#)

No event(s) found.

Listing created: 17/03/2018

Listing last updated: 17/03/2018

Aged Care Friendly
Children's Health
Chronic Disease Management
Collaboration With Allied Health and Doctors
Disability Services
DVA
Dysphagia
Education & Training
Family Health
Group Based Self-Management Pain Programs
Home Visits
Improve Your Overall Health
Individualised Clinical Case Management
Management of Chronic Medical Problems
Men's Health
Nutrition
Take Steps to Lose Weight

Tagged [allied health](#), [Allied Health Gold Coast](#), [allied health professional](#), [Alternative health](#), [food](#), [food allergy](#), [food intolerances](#), [gold coast food](#), [Accredited Practising Dietitian](#), [dietitian](#), [dietitians](#), [Sports Dietitian](#), [chronic disease](#), [Chronic Disease Course](#), [Chronic Disease Education Gold Coast](#), [Chronic Disease Gold Coast](#), [Chronic Disease Management](#), [chronic disease mangement](#), [Chronic Disease Program](#)

Categorised under [Aboriginal & Torres Strait Islander](#), [Chronic Disease](#), [Community Services](#), [Healthy Lifestyle Services](#), [Men's Health](#), [Persistent Pain & Pain Mangement](#), [Seniors & Ageing](#), [Sports & Recreation](#), [Self-Management](#)

Criteria & referrals [External Links](#)

Start with the online health check (www.myhealthforlife.com.au) to see if you are eligible to participate. Have a question? Call our 13 RISK number (13 74 75).

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health

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