

Nextstep Sustainable Better Health General Information

Active Ageing Australia® (AAA) is the peak body for promoting physical activity to the ageing population within South Australia. AAA conducts and organises several seminars and projects in regards to the role of physical activity as a health prevention measure.

The Nextstep – ‘Sustainable Better Health’ project is a no-cost, 14 week pilot program which involves two online behaviour-change based programs. These programs are ‘Healthy Eating Every Day’ (HEED) and ‘Active Living Every Day’ (ALED). Nextstep will target 45-55 year old people who are inactive, unhealthy and overweight and/or at risk of a chronic disease.

HEED program

The HEED program guides participants through adopting and maintaining healthy eating patterns to improve the total quality of their diet. It focuses on 5 main dietary goals: increasing fruits and vegetables, decreasing fats, increasing dairy and dairy alternatives, increasing whole grains and balancing calories.

ALED program

Active Living Every Day (ALED) is a behaviour-change based physical activity program designed to teach people the cognitive and behavioural skills necessary to become and stay physically active. *Active Living Every Day* strives to help people integrate physical activity into their daily lives so that it naturally becomes part of their lifestyle.

Active Living Every Day has three underlying principles

- Moderate amounts and intensities of physical activity results in significant health benefits
- Lifestyle physical activity is an important alternative to traditional fitness centre based exercise
- People are more likely to become and stay active when taught appropriate lifestyle skills based on their readiness to change.

What the doctor needs to do

The patient will come to the doctor with the ‘Nextstep’ brochure because they have answered yes to one or more of the questions in the brochure. It is encouraged that the 45-49 year old health check will then be completed by the doctor (if suitable) however is not mandatory. From here the doctor will then ring Active Ageing Australia® (ph: 8232 9077) for a referral form to the ‘Nextstep’ program. The completed form will then need to be faxed back to Active Ageing Australia® (fax: 8232 9020) for registration with the program.