

My Healthy Balance

Your path to a healthier life



It's easy and free to implement My Healthy Balance in your workplace.

1

Go to myhealthybalance.com.au, click on the "Workplaces" tab and create your account.

2

Email the program link to your employees.

3

Encourage your employees to work their way through a series of fun, interactive modules at their own pace.

Find out more at www.myhealthybalance.com.au



Government of Western Australia
Department of Health

Healthier
Workplace WA
www.com.au

diabeteswa®

My Healthy Balance is a component of the WA Healthy Workers initiative which is jointly funded by the Western Australian and Australian Governments.

My Healthy Balance

Your path to a healthier life

Boost morale, productivity and support your employees to improve their health.

My Healthy Balance is a free, evidence-based online healthy lifestyle program for your employees.

Key features of My Healthy Balance:

- Informative and interactive healthy lifestyle learning modules
- Focus on achieving wellbeing through healthy habits
- Self paced program with options of a 4-week, 6-week, 8-week or 12-week program
- Program support including emails and motivational text messages
- Workplace coordinators have access to participation data via a dashboard



Your organisation's path to a healthier life starts here www.myhealthybalance.com.au

To organise a demo at your workplace, email support@myhealthybalance.com.au or call (08) 9325 7699

My Healthy Balance

Your path to a healthier life

FREE program

Have you tried exercise programs, gyms, diets and weight loss programs but they haven't worked?

Do you find that there are lots of things that get in the way of you living a healthy lifestyle?

My Healthy Balance can help!!

The My Healthy Balance program provides you with the skills and information you need to make informed decisions about nutrition, exercise and stress so that you can make sustainable positive changes in your life. It is personalised to you - so it works to help you overcome the unique barriers in your life. The program is suitable for all adults, but particularly suited to individuals looking to implement long-term behaviour change in the quest for a healthier future.

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