



# HEART HEALTH

GETTING VETERANS FITTER, HAPPIER AND HEALTHIER



## Health & Fitness

The Heart Health program aims to increase your physical health, fitness and wellbeing by providing practical exercise resources, nutritional and lifestyle coaching for 12 months.

The Heart Health Program is free and open to all veterans and peacekeepers who have had operational service and who have not participated in the program before.

Physical health is vital to your mental health and your overall quality of life. There are a number of benefits for those taking part in the program.

#### Participants will:

- Increase energy levels
- Maintain a healthy weight
- Improve strength, flexibility and coordination
- Learn healthy eating practices
- Prevent chronic disease
- Increase mobility
- Manage Stress and improve sleep
- Create and maintain social connections

Fully Funded.

No  
Gold Card  
or  
White Card  
required

For more information and to check your eligibility contact CHM at [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)  
1300 246 262 | [www.veteranshearthealth.com.au](http://www.veteranshearthealth.com.au)