HEALTH PROMOTION SERVICES PROVIDED BY HEALTHY LIVING NT

Healthy Living NT provides a range of health promotion services to the NT. Health promotion services provide foundation lifestyle education promoting positive community health outcomes.

Services are primarily available in Darwin and Palmerston and can be arranged in other regional centres through partnering with local agencies. Contact Healthy Living NT for more information on 8927 8488, or email hpm@healthylivingnt.org.au

Community Programs

Over an agreed number of sessions lifestyle education is delivered to a variety of community organisations. The sessions provide foundation lifestyle education on diet, physical activity, sedentary behaviour, screen time, sleep and other topics identified by the receiving organisation as being a concern within their client/customer/member base.

All programs utilise a co-design approach where the receiving organisation and Healthy Living NT work together to organise the most valuable program for the organisation. The approach ensures relevant education aimed at the literacy and cultural requirements of the organisations.

The program is available to community groups, Indigenous communities, adult education, youth education, family groups, all ability organisations, migrant organisations, corporate, sporting clubs/associations and more.

Mini Movers

A free four-week program for 3 to 5-year old's and their parents/carers.

Mini Movers focuses on developing fundamental movement skills in a fun games-based program. The program aims to assist children aged 3 to 5 to explore and build confidence in their bodies.

4 programs per year: 2 to the public and 2 to early child educations services.

Love Your Body

Love Your Body is a free four-week program focusing on lifestyle concerns that impact the over 50 population.

Each weekly session is delivered in three parts:

Move – participants learn safe exercises they can perform to help them to maintain an active lifestyle as they age

Meal - dietary education on a topic of importance to the age group and creation of an affordable and tasty meal based on the topic

Mingle – while eating the meal participants have the opportunity to socialise with each other and the facilitators.

Move it Darwin

Move it Darwin runs regularly in the evening throughout the school terms.

Move it Darwin is a free program for all ages and ability levels. It focuses on learning to exercise safely based on the individual participants current fitness levels and time availability.

It is not a typical group training session, as it focuses on encouraging participants to move rather than work out.

Other Programs

Healthy Living NT partners with local agencies to deliver one-off community talks, health professional presentations, support local events through a variety of information and physical activity stalls/stations, and partner with other NT based health service providers to enhance opportunities for positive health outcomes throughout the NT.

Healthy Living NT also offers workplace wellness programs; some fees may apply depending on the type of program.

We are always open for ideas and are continually looking to expand and enhance our programs, while developing new initiatives which best meet the NT community needs. If you have an idea that we may be able to support or deliver, please contact us to discuss further.

Life. Be in it.™

Information Sheet

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