



ALWAYS HERE

POSTIVE PRESCRIPTION

REAL SOLUTIONS

ONLINE AND IN THE PARK.

Live Life Get Active is a registered health promotion charity that provides FREE outdoor fitness classes to Australian's in 100's of locations right across the country



We actively work with GP's, health professionals and PHNs to provide our services to their patients FREE of charge.

We supply an online referral system that signs up the patient and provides progress reports back to the doctor. There is no administration requirement for the referring professional.



A FREE ONLINE TOOL FOR PATIENTS

As a result of COVID we developed an online offering so individuals could still benefit from our service, no matter their circumstances.

The digital platform is suitable for all ages and abilities and provides a wide range of content types, From free on-demand videos to LIVE Zoom sessions and written content.



Across these different content types a wide range of topics are covered underneath our fitness, wellness and nutrition pillars.

There is something to suit all patient needs with 24/7 accessibility. Our professionally qualified trainers, yogis and facilitators take a practical and genuine approach to their work. Whether it be live yoga sessions, fitness for an ageing population or tools for dealing with loneliness.



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FOR REAL PEOPLE

CAN ANYONE BENEFIT FROM THIS?

Live Life Get Active's offering is designed to help those with or at risk of developing diabetes, poor mental health, obesity and other related chronic issues.

As such the content available on our site lends itself to those individuals. People who may be low on confidence, adverse to strenuous exercise or with poor diet.

Our welcoming and non-intimidating approach to all fitness, wellness and nutrition has proven a successful entry point for people of all abilities and backgrounds.

The content we continue to create is in line with and driven by ongoing social research within our member base. Including wellbeing questionnaires such as our [Life Report](#), taken during COVID lockdowns.



REFERRING PATIENTS WAS NEVER SO EASY.

We provide GP's and other health professionals an easy 1-step referral process through our '**Positive Prescription**' program.

This allows you to support your patients with an alternative, affordable and accessible means of physical and mental support treatment that they can do alone or with friends and family. It's fun and its embracing of all. There is no stigma.

To sign up and get more information about this offering please get in contact with us via the details below:

HEAR ABOUT THE REAL VALUE

"I would like to think I'm a real success story. I'm a mother of three kids, was overweight and have diagnosed anxiety/obsessive compulsive disorder. I started attending live life get active in Katoomba. It is one thing I had control over and not my anxiety. So I showed up, every day I could. Since the beginning (it has now been 12 months) I have lost a whopping 17 kilos, I am finally in control of the things I do and am the most active I have ever been." - Carmela, Katoomba

CONTACT US

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