

 healthy habits



**Take the first step to a healthier lifestyle today.**

Download the RACGP Healthy Habits app.



**RACGP**



Australian Government  
Department of Health

Everyone can benefit from eating more nutritious food and being more active. For many people, getting started is the hardest part, which is why we created the RACGP Healthy Habits app.



## The RACGP Healthy Habits app makes it easy

You can set and track personal goals, and adjust them as you make progress. You'll also find lots of useful tips to help you fit nutrition and physical activity into your life.

### Small changes can lead to big results



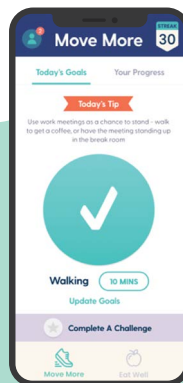
Making lifestyle changes can seem overwhelming. The key to success is starting with small changes and working up to bigger goals over time.



With Healthy Habits, getting started and making progress through small changes is easy.

## Your GP is here to help

Connect your Healthy Habits account to your GP so they can go on this journey with you.

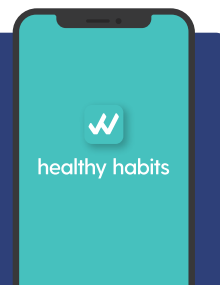


### You're not alone

You and your GP can work together to set better goals, celebrate your progress and work on trouble spots.

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Take your first step towards healthier habits.





**Together, we  
can achieve a  
healthier you.**

[healthyhabitsapp.racgp.org.au](https://healthyhabitsapp.racgp.org.au) 



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