

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



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

Download the RACGP
Healthy Habits app.

Everyone can benefit from eating nutritious food, being active and sleeping well.

For many people, sticking to these habits is the hardest part, which is why we created the RACGP Healthy Habits app.

Healthy Habits has been designed to support you.

Set personalised nutrition, physical activity and sleep health goals, and adjust them as you make progress. You'll also find supportive and easy to follow resources to motivate you along the journey.

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.



Healthy Habits can complement your treatment plan for chronic conditions.



Your GP team is here to help.

Connect the Healthy Habits app with your GP and primary health care nurse to discuss your progress and overcome challenges together.

You're not alone.



You can work with your GP team to set achievable goals, celebrate your progress and overcome challenges together.



Your GP team can support you by sending messages of encouragement and useful resources via the app.



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