

What is a chronic condition?

A chronic condition is an illness that lasts at least 6 months.

This includes, but is not limited to, diabetes, cancer, osteoarthritis, heart disease, lung disease, osteoporosis, musculoskeletal pain or lower back pain.

Managing a chronic condition can help prevent complications, improve your quality of life and support you to maintain independence.

One proven way to manage chronic conditions is through a healthy lifestyle.

Am I at risk of developing a chronic condition?

Speak with your GP to identify if you may be at risk of developing a chronic condition.

You could be at risk if you:

- Need to exercise more (e.g. office workers)
- Are not eating a wide variety of nutritious food
- Experience ongoing pain, such as back pain

Practicing healthy habits like staying active, maintaining a balanced diet and getting good quality sleep, can make a big difference.

Let Healthy Habits guide you on your journey to better health!

Contact us

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f SonderSA in Sonder-SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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Healthy Habits

Free support to develop
healthy exercise and
nutrition habits



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Healthy Habits offers a holistic approach to a healthier, more vibrant life through the essential pillars of exercise, nutrition and wellbeing.

We empower people to prevent health problems, manage existing conditions and maintain overall wellbeing.



Personalised support

Our support is tailored to your personal goals. No matter where you are on your journey to a healthier, happier life, we're with you.

We go beyond simply offering advice.

Our team takes the time to understand your unique barriers, monitor your progress and provide strategies to keep you on track.



Designed by experienced professionals

Healthy Habits is grounded in evidence-based methods.

Our team of Dietitians and Exercise Physiologists are dedicated to your health and wellbeing and committed to helping you succeed.



Education for lifelong benefits

Developing healthy habits today can support your physical and mental health for the future. Our mission is to empower you with practical skills that you can apply in everyday life and as you navigate life's transitions.

In-person or telehealth support

Healthy Habits is accessible through two different formats: Telehealth and in-person.

Telehealth / Online

Balancing work, family, and life commitments can make it challenging to attend in-person appointments.

Telehealth offers flexibility in when, where and how long you participate, giving you control over the educational topics that you choose to engage in.

Telehealth runs for 6 weeks:

- Weekly phone appointments with a Care Coordinator.
- Weekly digital resources, guides, and motivational text messages.

In-person

This format is ideal for people who can dedicate time to in-person sessions and enjoy exercising with others.

In-person runs for 6–8 weeks:

- Exercise physiology assessment.
- Weekly group exercise sessions led by an Exercise Physiologist.
- Optional nutrition education with a Dietitian via telehealth.

Not sure which option is right for you?
Chat to our team for guidance.



Is Healthy Habits suitable for me?

You may be eligible if you live in Gawler, Barossa, Port Pirie or Port Lincoln, or are closely located to these areas.

Note: People living in metropolitan Adelaide are not eligible to participate in this program.

You must:

- Have a chronic condition; or
- Be at risk of developing a chronic condition. This could include conditions or symptoms you have discussed with your GP.

Our team are highly experienced in supporting people with a diverse range of personal goals.

Reach out to Sonder or speak with your GP to find out if Healthy Habits is right for you.

Does it cost anything to join?

This program is completely free. Health insurance or Medicare is not required.

How do I get started?



You can refer yourself or ask a health professional to make a referral.

Scan the QR code or visit:
sonder.net.au/healthy-habits

Once we receive your referral, we will contact you and complete a health screening before starting the program.