



Living well, together

Creating healthier, happier, independent lives.

We'd all like to be healthier and fitter but the past couple of years have deprived us of the opportunities to enjoy the hobbies and interests that once played an important role in our lives. Even as things return to some sort of normality, some may be finding it difficult to get back to normal and struggling to keep physically, mentally and socially active.

To help you all get back into the swing of things, we're introducing **Be Well 360**, a holistic and inclusive program of activities that will help you do just that. The program will be personalised to your individual needs and abilities and will encourage you to live a supported healthy, active and connected lifestyle in a way that best suits you - as little or as much as you want to.

Your health and happiness will always be our priority.



Building a healthier community.

We all know that regular physical activity and social interaction are vital to our continued health and wellbeing. Not only can it increase mobility and reduce aches and pains, it can also enhance our sleep and improve our overall mood and happiness, helping you to age healthily, making you more alert and resilient and helping you to continue living an independent, active and connected lifestyle. Just an hour a day of gentle activity can make a huge difference.

How you choose to spend your time will depend on your interests, preferences and the lifestyle you want to lead. Unlike many health and wellbeing plans, **Be Well 360** doesn't take a one-size-fits-all approach. Instead, it takes a more personal, flexible approach by identifying your needs and creating a programme around you. It will provide the knowledge, motivation and opportunities to help you lead a healthier lifestyle where you can catch up with old friends and new ones.



Relax, rejuvenate, revitalise.

At the start of the program, you'll be offered an initial health assessment* that offers testing and guidance beyond what would be offered by a GP. This includes blood pressure, BMI, cholesterol and glucose testing, and strength, cardio and balance tests – results which will be used to calculate your biological age. These will then continue to be monitored on an annual basis.

Using the results, your advisor will work with you to put together a realistic action plan that suits you, taking into account your ability and aspirations. This might include anything from gentle stretching and seated exercises to relaxation and meditation techniques, dietary advice and weight loss programs to participation in sporting and communal activities.

Whatever you choose, you might prefer to do it in the company of others. That's fine. Or you might be confident enough to get on with it under your own steam. That's fine too. In the end, it's all about what you want to do and how you want to do it.

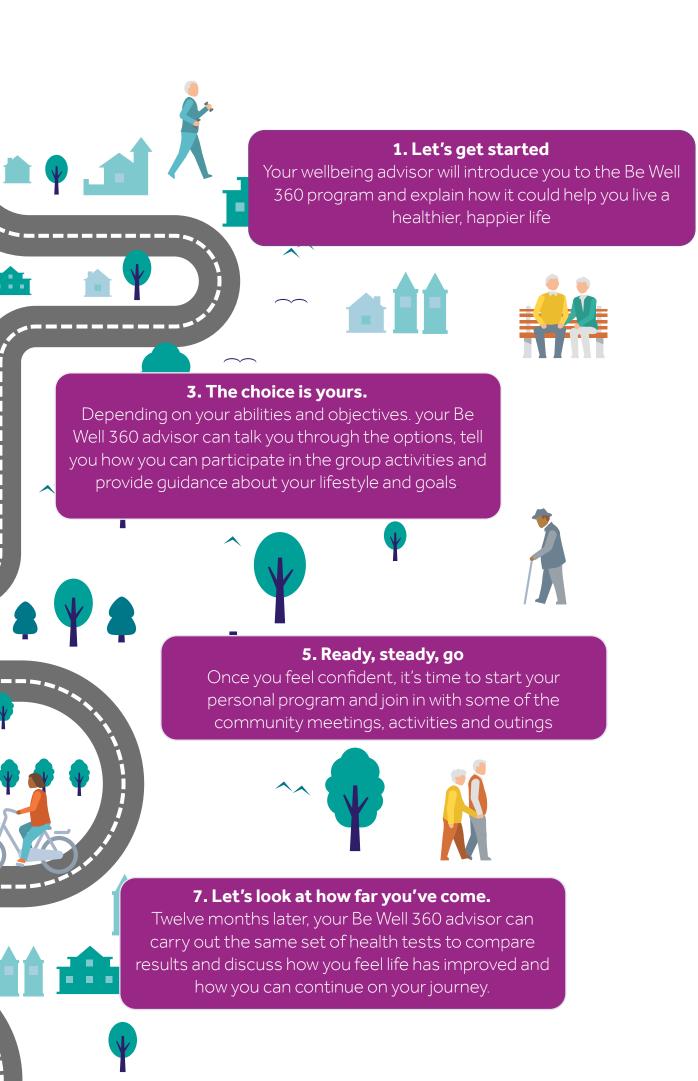
* A combination of the Independent Living Outcome Star assessment and the Smart Health Assessment





Your Be Well 360 Journey





Find your own balance.

The program is delivered and overseen by a dedicated, professional wellbeing advisor, who will help you to develop your individual programme and guide you through your chosen activities. Whatever you choose to do, taking part will contribute in some way to your health and wellbeing, helping you to be physically active, mentally stimulated and socially connected.



Comprehensive health check and personalised wellbeing program



Advice on lifestyle, nutrition and diet



Participate in group classes and connect with other like-minded residents



Information sheets on mindfulness and relaxation



Access to wellbeing and healthcare product/service discounts



The Benefits A healthier, happier you.

By taking part in Be Well 360, you'll quickly begin to notice changes to your physical health and mental wellbeing. What might have prevented you from being physically active and socially interactive before will start to disappear. You'll feel more capable with increased energy levels, have increased mobility, balance and confidence, and experience better sleep and less stress. The benefits are endless, and remember, the choice is always yours.



Improve fitness



Improve mental wellbeing



Improve sleep



Relieve stress or anxiety



Improve social life



Improve nutrition



Increase energy levels



Reduce Biological Age



