

# Do It For Life

Lowering the score to lower the risk



From 1 July 2010 the **AUSDRISK** score for eligibility for *Do It For Life* will be lowered to **12**.

Do It For Life offers free one-to-one support with trained lifestyle workers to help adults modify their lifestyle behaviours to reduce their risk of developing chronic diseases such as type 2 diabetes, cardiovascular disease or respiratory disorders.

Lifestyle workers can support high risk individuals to make changes to eat healthier food, be more active, stop smoking, feel less stressed or reduce their alcohol use.

To locate the nearest Do It For Life lifestyle worker call

1300 040 715 – Adelaide Central, North, East & West

1300 803 525 – Adelaide South

1300 764 799 – Country South Australia

or find it through the Health Provider Registry.

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For more information

<http://www.health.sa.gov.au/Default.aspx?tabid=527>

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