

Take the next step in becoming more physically active

Becoming and staying physically active is a journey. Ready Set Go is a **FREE** short online learning program to help you no matter where you are on that journey.

By the end of this program, you will:

- know more about the benefits of moving more
- have a plan to get started
- know where to get support if you need it.

You can complete the program in under two hours on a laptop or desktop computer. The information is separated into four easy-to-follow modules, so you can learn at your own pace and come back to the program when it's convenient for you.



2 hours



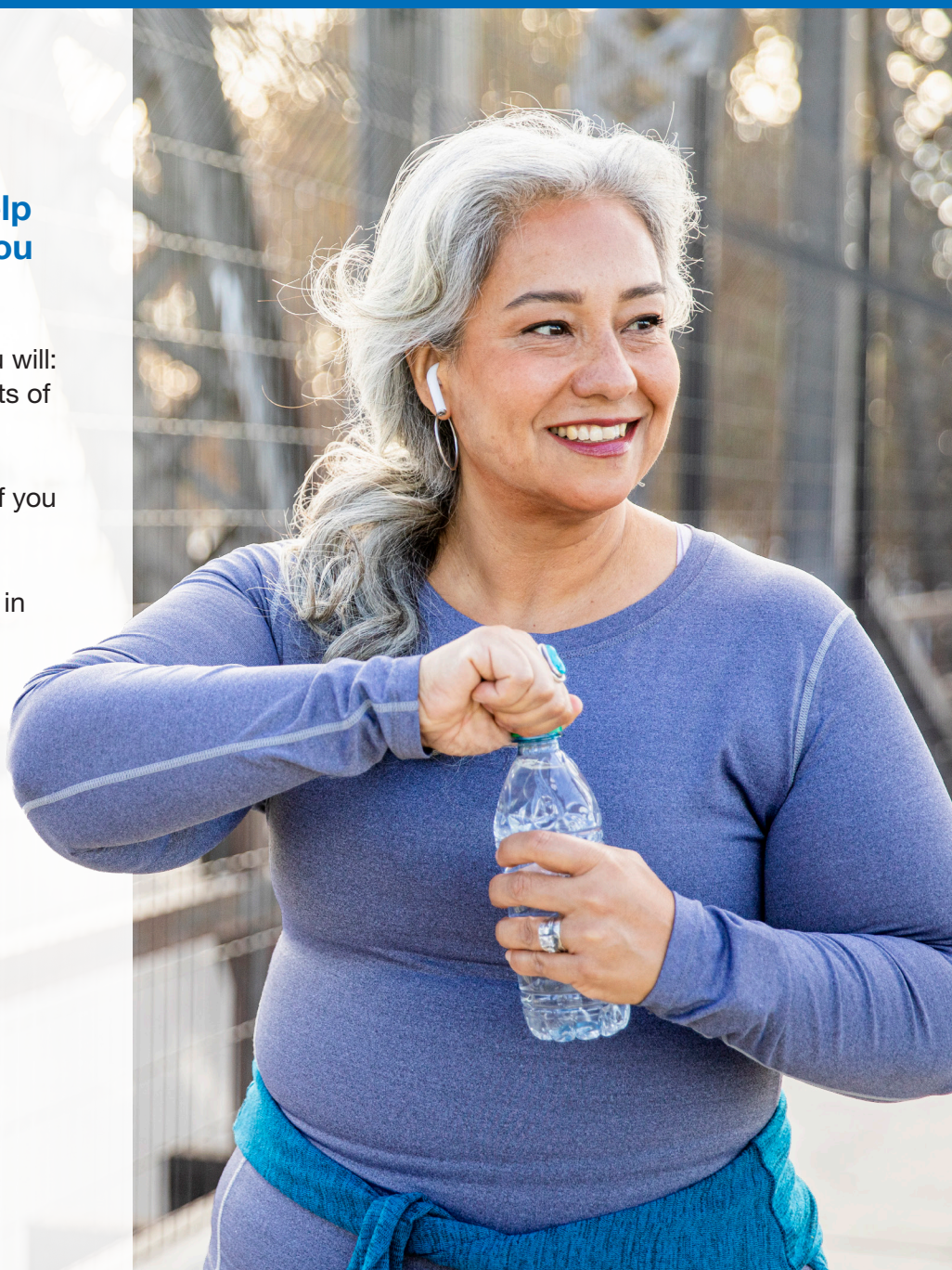
4 modules



Make a plan



Exercise videos



Visit ndss.com.au or scan the QR code to get Ready, Set, and GO today!

