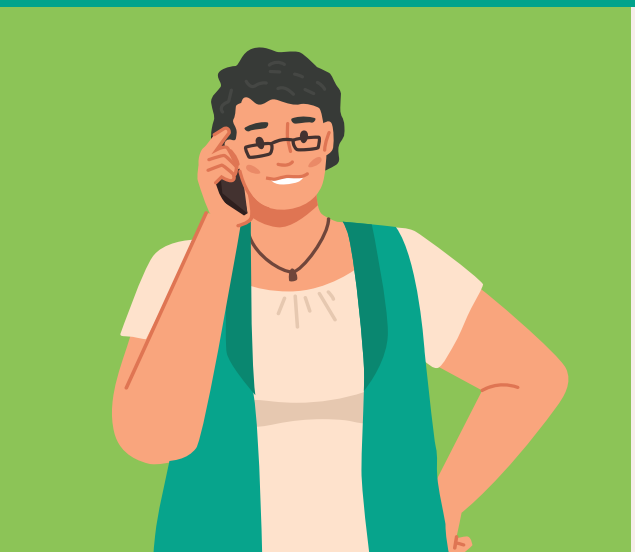
Prevention better then cure: A Better Health Coaching story



After years of putting work first, one Western Australian resident realised their health had taken a backseat. When they discovered the Better Health Coaching Service, they knew it was time to focus on their wellbeing with guided support from a qualified health coach and were pleased to know it was funded by the WA Department of Health. Over ten one-on-one phone sessions, they received tailored help to improve their nutrition, exercise and mindset, leading to lasting lifestyle changes.

Why they joined the program

"I picked up a lot of weight. I spent the last decade and a half just overworking and not focusing on my health generally. I wanted to focus on my eating habits, my exercise and my mental health."

Recognizing that their physical and mental health were affected by high work demands, they were looking for guidance that was not only practical but also credible. The idea of having access to a free, government-funded program that offered personalized support felt like the right opportunity to take control of their wellbeing.

How the program helped

The regular coaching sessions became a powerful source of motivation and accountability.

"Having somebody so encouraging and cheerful was really motivating. Those regular catch-ups acted as a reminder, yes, I may have stepped off track, but I can get back on."

Each session focused on small, achievable goals that built momentum over time. The coach provided resources, meal ideas, and evidence-based tools to help reshape nutrition and exercise habits.

"The nutritional side has been really good, my coach would go back and find information and tools I could use and then share them with me. That's been very helpful."

What surprised them

What stood out the most was how accessible and personalised the coaching experience felt.

"I think having the service available publicly is so good because prevention is better than cure. I wish more people knew about it. What also surprised me was how tailored the guidance was, it's evidence-based and personalised, not just something you pull from Google."

This participant now feels equipped with practical tools and sustainable habits to maintain their wellbeing in the long term. Proving that prevention really is better than cure.

Ready to join hundreds of Australians on their journey to better health? Sign up to The Better Health Coaching Service today!

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