

BETTER HEALTH PROGRAM

Be fitter, healthier and happier!

The Better Health Program is a free 10-week healthy lifestyle program for 7-13 year old children who are above a healthy weight, and their families. The program is available face-to-face or online in selected areas throughout Australia.

Get in touch to find out if the program is available near you!



Online or
face to face activity
sessions and resources



Free fitness tracker*,
freebie packs and
rewards

*Online program only



One-on-one
phone-based or face to
face health coaching

To register or find out more:

1300 822 953

betterhealthprogram.org

Follow us on social media

Better Health Company



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The Program is funded by government agencies throughout Australia.

Call the Better Health team on 1300 822 953
to find out if the program is available in your area.