

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!





Is your child...

- » Aged 7-13 years old?
- » Above a healthy weight?
- » In need of support to improve eating and activity habits?

The Better Health Program is a FREE, 10-week, online or face to face program for children and families. There are weekly sessions, free resources (+fitness tracker!) and weekly coaching meetings or calls with a trained and qualified health coach to help keep you on track.

Get involved and start collecting your weekly tokens and prizes!

To register or find out more:

1300 822 953

betterhealthprogram.org

Better Health Company

@betterhealthcompany



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.