

Want to feel fitter, healthier and happier?

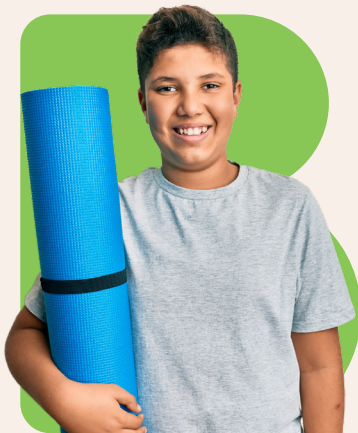
Think, Eat and Move

Free for eligible 13-17 year olds.

Think, Eat and Move is a fun and interactive program where you learn about nutrition, physical activity and forming positive habits.

The program runs for eight weeks and is delivered in a convenient online format. Each week you complete an online session and have a call with your own personal, qualified health coach who will guide you through the program.

You'll also receive a bunch of great **freebies** along the way and a **reward** at the end!



Sign up today!

thinkeatandmove.org

1300 822 953



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