

Want to feel fitter, healthier and happier?

Think, Eat and Move

Are you...

- 🌸 Aged 13-17 years old?
- 🌸 Wanting to be more active?
- 🌸 In need of support to improve eating habits?

Think, Eat and Move is a free, 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.



Sign up today!

 thinkeatandmove.org

 1300 822 953



For health tips follow us:

 @betterhealthco

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You'll receive heaps of freebies and a reward at the end!



What's included in Think Eat and Move?



Expert advice - Through coaching from qualified health professionals including dietitians, exercise physiologists and psychologists.



Personalised goal setting - Motivation to set health goals that work for your family, and the support you need to track your progress to achieve them.



Practical resources - Hands on resources including a recipe book, and physical activity equipment to help your family eat well and be active.

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