






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!

 www.thinkeatandmove.org

 1300 899 736



BETTER HEALTH CO.



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

Think, Eat and Move

You'll also receive a bunch of great **freebies** along the way (including a fitness tracker!) and a **reward** at the end!

 @thinkeatandmove


 @thinkeatandmoveprogram



Scan to find out more!

Sign up today!

 www.betterhealthprogram.org

 1300 822 953

phn

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