

Do you want to be fitter, healthier and happier?

FREE, ONLINE HEALTHY LIFESTYLE PROGRAM

Think, Eat and Move



FOR 13-17 YEAR OLDS

The TEAM Program is a free, fun and interactive way for teenagers to learn about nutrition, physical activity and behaviour change.

CHECK YOUR ELIGIBILITY AT...
thinkeatandmove.org
1300 899 736


betterhealth
company

TEAM
THINK EAT AND MOVE

SOCIAL MEDIA
[@thinkeatandmoveprogram](https://www.instagram.com/thinkeatandmoveprogram)

Funded by Central and Eastern Sydney PHN.

FREE, ONLINE HEALTHY LIFESTYLE PROGRAM FOR 13-17 YEAR OLDS

WEEKLY ONLINE ACTIVITIES AND HEALTH COACHING

FREE FITNESS TRACKER AND OTHER RESOURCES!

(valued at over \$150)



COMPLETE ON YOUR PHONE, TABLET OR COMPUTER



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