




# 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](https://www.thinkeatandmove.org)

 1300 822 953



**For health tips follow us:**

 @betterhealthco

 @betterhealthcompany

# 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.

**Sign up today!**

[thinkeatandmove.org](https://www.thinkeatandmove.org)

1300 822 953



**For health tips follow us:**

 @betterhealthco

 @betterhealthcompany