






**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](http://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!

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**phn**

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