






Want to prepare
your kids for a
healthier future?

BETTER HEALTH PROGRAM

Is your child...

-  Aged 7-13 years old?
-  Above a healthy weight?
-  In need of support to improve eating and activity habits?

Better Health Program is a **free**, 10-week, online program for children and families.

There are weekly online sessions, **free** resources, including a fitness tracker, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep you on track!

 MONASH University

Sign up today!

 www.betterhealthprogram.org

 1300 822 953



@betterhealthprogram



Participants receive great freebies and a reward at the end!

BETTER HEALTH PROGRAM

Better Health Program is an online healthy lifestyle program for families with children aged 7-13 years who are above a healthy weight. In 2022, the program is **free for eligible Victorian families** as part of a large research project with Monash University.

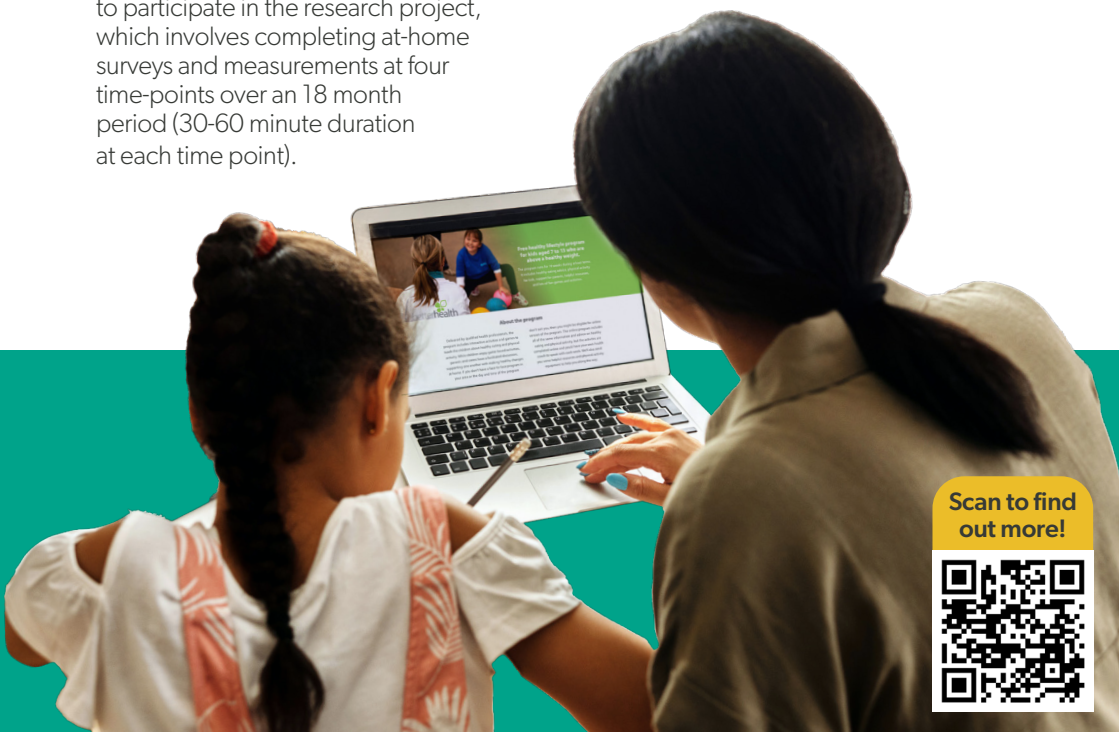
To join the program, families must agree to participate in the research project, which involves completing at-home surveys and measurements at four time-points over an 18 month period (30-60 minute duration at each time point).

Sign up today!

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1300 822 953

BETTER HEALTH CO.



Scan to find out more!

