BETTER HEALTH PROGRAM

Be fitter, healthier and happier!

The Better Health Program is a **free** 10-week healthy lifestyle program for 7-13 year old children who are above a healthy weight, and their families. The program is available face-to-face or online in selected areas throughout Australia. *Get in touch to find out if the program is available near you!*



Online or face to face activity sessions and resources



Free fitness tracker*, freebie packs and rewards



One-on-one phone-based or face to face health coaching

*Online program only

To register or find out more: 1300 822 953 betterhealthprogram.org

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Better Health Company

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The Program is funded by government agencies throughout Australia.

Call the Better Health team on 1300 822 953 to find out if the program is available in your area.