



Want to prepare  
your kids for a  
healthy future?

# BETTER HEALTH PROGRAM

- Free fitness tracker and resources
- Online activity sessions
- One-on-one phone-based health coaching

**Sign up today!**

 [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

 1300 822 953

*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).



@betterhealthprogram



Scan to find  
out more!

 MONASH University

**BETTER HEALTH CO.**

