

TEAM KIDS

Be fitter, healthier and happier!

TEAM Kids is a **free** online healthy lifestyle program for 7-13 year olds who are above a healthy weight and their families.



*Kids health
program*

Register now
thinkeatandmove.org
1300 899 736



Join
TEAM Kids
Today!



Is your child...

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

The Think, Eat and Move (TEAM) Kids Program is a FREE 10-week online program for children and families. There are weekly online sessions, free resources (+fitness tracker!) and weekly coaching calls with a trained and qualified health coach to help keep you on track.

Get involved and start collecting your weekly tokens and prizes!



To register or find out more:

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Think, Eat & Move



@thinkeatandmoveprogram



Government of **Western Australia**
WA Country Health Service

