

THINK, EAT AND MOVE (TEAM) PROGRAM

Are you worried about your weight? Do you want to be fitter, healthier and happier?

Join our **FREE** online healthy lifestyle program for teenagers!

Weekly online sessions plus personalised coaching with a dietitian and loads of free resources including a Garmin Vivofit Fitness Tracker!

If you're between 13-17 years old and are looking for an exciting new way to manage your weight and health, register now to join.

thinkeatandmoveprogram.org
[@thinkeatandmoveprogram](https://twitter.com/thinkeatandmoveprogram)
1300 899 736



The TEAM Program is funded by Central and Eastern Sydney PHN.



Better Health Company is a health promoting organisation designing and delivering evidence based healthy lifestyle solutions.

www.betterhealthcompany.org

Think, Eat AND Move

*Get fitter, healthier
and happier...*

Join **TEAM** today!

FREE online program for teenagers



PROGRAM INFORMATION

The Think, Eat and Move (TEAM) Program is a FREE online program that runs for 8 weeks each school term. TEAM gives teenagers who are above a healthy weight, an easy way to learn more about **nutrition, physical activity and behaviour change**.

Designed by dietitians, health psychologists and exercise professionals the TEAM Program shows you simple ways to improve your eating habits, increase your activity and become more aware about healthy lifestyle habits that can help you become fitter, healthier and happier.

PROGRAM STRUCTURE

Do the TEAM Program anywhere, anytime! On your phone, tablet or computer. At a time that suits you best, too easy!

ONLINE SESSIONS

Weekly 20 -30 minute sessions focus on nutrition, physical activity and behaviour change. Clear, easy to follow sessions include interactive activities, games and videos. that you can do on a phone, tablet, laptop or computer.

PERSONAL COACH

You'll have your own TEAM Coach who will call you each week to provide personal support, motivation and help. Your Coach answers questions and provides information just for you so that you get exactly the right help. Weekly appointments can be made anytime that suits you!

FREE STUFF

We send you heaps of great freebies so that you have all the tools you need to make healthy changes at home. This includes a **Garmin Vivofit Fitness tracker and a \$50 reward voucher** at the end of the program!

FACEBOOK

A closed, private Facebook page provides a place to chat to others, ask questions and get support. Its also where TEAM Coaches post extra videos, recipes, tips and tricks along the way.



SIGN UP!

GET STARTED!

AND GET A FREE FITNESS TRACKER

(Valued at \$149)

If you're between 13-17 years old, above a healthy weight and live or study in Central and Eastern Sydney, its **FREE** to join the TEAM Program!

So what are you waiting for?

SIGN UP NOW!



thinkatandmove.org



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Think, Eat and Move



@thinkatandmoveprogram