






Want to give your child a head start?

Active8 is a **free, healthy lifestyle program** for parents, carers and their children.

Do you...

-  have a child aged 2-5 years old?
-  want to improve mealtimes?
-  worry about their health?

We provide evidence based guidance around physical activity, fussy eating and nutrition to help you build confidence during meal times and form healthy family habits!

The program runs for up to 6 months over 8 sessions and is run by qualified health professionals who provide you with personalised support.

The program is available in an **online** or **group** setting depending on your location.



Sign up today!

 www.theactive8.org

 1300 822 953



For health tips follow us:

 @betterhealthco

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Participants receive great freebies and professional advice!



What's included on Active8?



- Informative, supportive and fun sessions completed at whatever pace suits your family's lifestyle
- Support from a qualified health professional.
- Personalised goal setting to implement healthy habits.
- Helpful resources that help your family become more active, improve eating habits and live well.
- Access to support through the Active8 community and group discussions.

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theactive8
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