






# Want to give your child a head start?



Active8 is a **free, healthy lifestyle program** for parents, carers and their 2-5 year olds.

Do you...

-  have a child aged 2-5 years old?
-  need active play ideas?
-  worry about their health?

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

The program runs for eight weeks and is run by qualified health professionals in either an online or face-to-face format in your local community.



**Sign up today!**

 [www.theactive8.org](http://www.theactive8.org)

 1300 822 953



Scan me



Participants receive great freebies and professional advice!

# theactive8 program

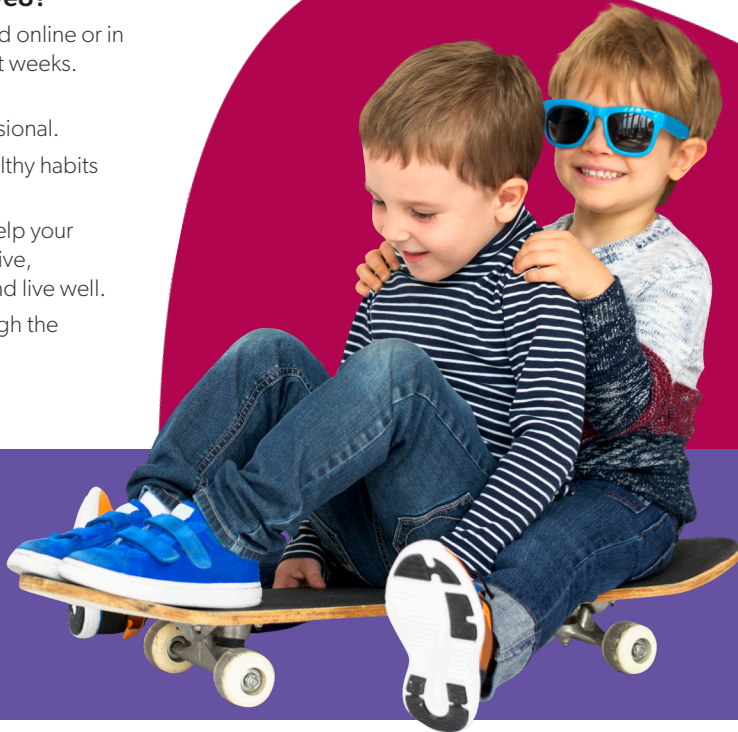
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## What's included on Active8?

- Fun, weekly, game based online or in person sessions for eight weeks.
- Constant support from a qualified health professional.
- Targets to help form healthy habits with your child.
- 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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Department of Health

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