






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 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/wa

 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 and supportive weekly online or in person sessions for 8 weeks
- 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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