

Healthy Territory Kids

Is a **FREE** 9 week healthy lifestyle program for Northern Territory kids above a healthy weight aged 7 to 13.

This fun and interactive program helps children and their families, adopt a long-lasting healthy lifestyle. Sessions are for 2 hours after school with family support and focus on improving:

- ⇒ Eating habits
- ⇒ Fitness
- ⇒ Confidence
- ⇒ Teamwork
- ⇒ Overall health

Schools are encouraged to support student participation. For 2018 program details see our website.



8927 8488

healthykids@healthylivingnt.org.au

www.healthyterritorykids.org.au



betterhealth
company



NORTHERN
TERRITORY
GOVERNMENT

Healthy
Territory
Kids.



A free lifestyle
program for kids
aged 7 to 13

healthylivingNT
get the most out of life...

Program details

This 9 week program is for children above a healthy weight and develops healthy lifestyle behaviours, changing kids' attitude to food and exercise with information about;

Nutritional info:

- Food serving sizes
- Label reading
- Menu planning and recipes
- Guidelines for eating out and parties

Support and advice:

- Talking about weight
- Goals and rewards
- Role modelling
- Problem solving

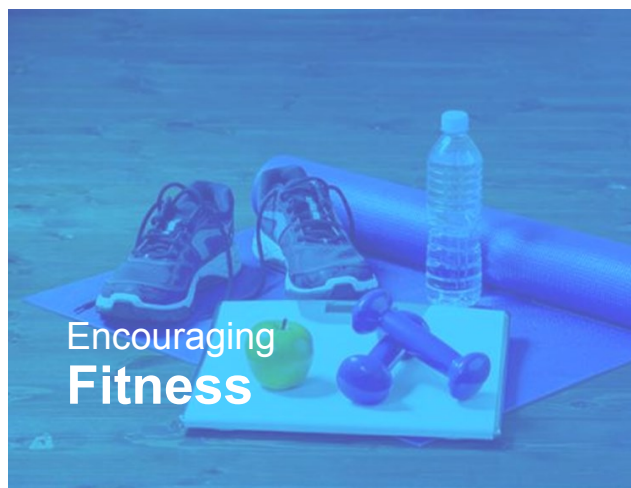
Personal improvement:

- Physical activity
- Self-esteem

Fun games:

- Fitness
- Movement skills
- Team building

2018 program delivery in Darwin Palmerston and Alice Springs. In 2019, progressive delivery to Katherine, Tennant Creek and Nhulunbuy.



healthykids@healthylivingnt.org.au

www.healthyterritorykids.org.au

Healthy
Territory
Kids.

- ⇒ Build confidence
- ⇒ Learn healthy eating
- ⇒ Improve health
- ⇒ Set goals

