

# Burnalong's Health Enhancement Program

YOUR GUIDE TO GROWING A HEALTHIER  
GENERATION



## FITKIDS – HEALTHY HABITS FOR A LIFETIME

### Why our program is beneficial to you:

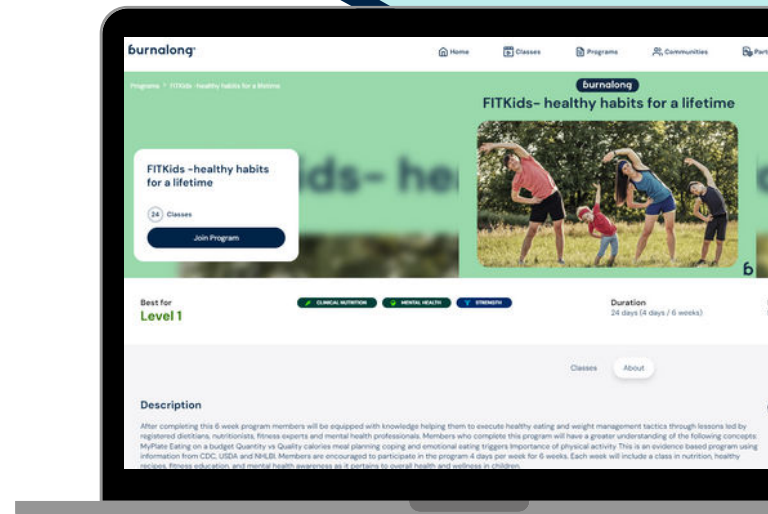
- cost-effective
- reduces the risk of child becoming overweight or obese
- encourages whole family involvement

### How our program helps your people:

- improves general nutrition knowledge
- increases access to physical activity
- supports families and their busy lifestyles

### Employees that participate are more likely to:

- understand the importance of healthy eating and physical activity
- reduce the risk of developing comorbidities linked to obesity



Burnalong features over 50,000 classes led by 7,500 experienced instructors across various categories such as cardio, mindfulness, chronic condition self-management, financial wellness, and more.

**Interested in discovering how our healthy families program can benefit your population?**

Contact us at

[info@burnalong.com](mailto:info@burnalong.com)