

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:

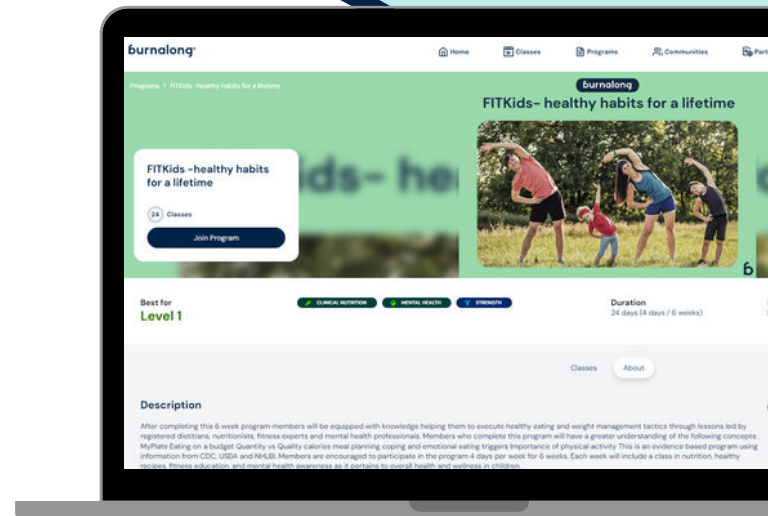
- cost-effective
- reduces the risk of child becoming overweight or obese
- reduces health care claims associated with childhood obesity

How our program helps your members

- improves general nutrition knowledge
- increases access to physical activity
- supports families and their busy lifestyles
- increased self efficacy & empowerment

Members that participate are more likely to:

- understand the importance of healthy eating and physical activity to overall health
- reduce the risk of developing comorbidities linked to obesity
- adhere to collaboration of care between providers



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

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