

Healthy Together (HT) is an evidence-based family education model for children (0-18 years) and families to promote healthier lifestyles. Healthy Together provides opportunities for families to engage in healthy eating and physical activity together. The program also serves as a model to support community organizations in building capacity and creating environments that support healthy lifestyles through policy and practice changes.

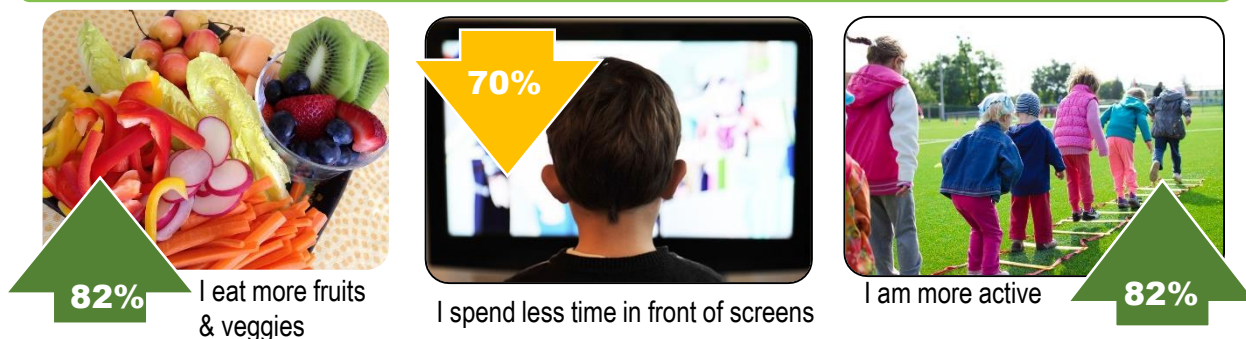
Healthy Together is designed to be integrated into pre-existing programs and services at community organizations. Each Healthy Together sessions includes:

- learning activities focusing on healthy lifestyles,
- cooking and eating together, and
- physical activity.

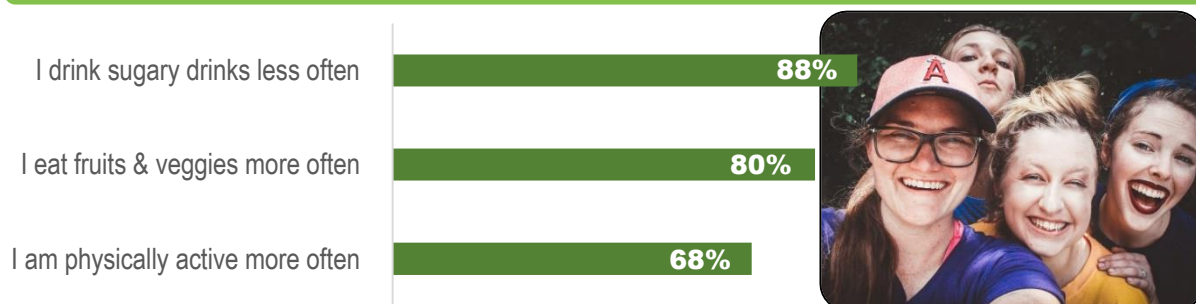


Healthy Together: making a difference in Canadian families

As a result of Healthy Together children 7-12 years old say:



As a result of Healthy Together Youth (13-18 years) say



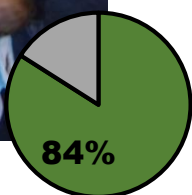
As a result of Healthy Together parents and other caregivers say:



Facilitators were very satisfied with including Healthy Together in their pre-existing programs and its ability to meet the needs of the families their organizations serves.



- “The program... encouraged participants to live healthier lives by providing practical and accessible information that is helpful and meaningful to them. It was a fun hands on program.”
- “It is a well rounded program that raises awareness on... healthy lifestyles. The program went the extra mile to equip participants with necessary tools and information to live a healthy lifestyle.”
- “Very holistic. Promotes active participation. Provides choice and flexibility so I can easily adapt to client situations.”



The majority of facilitators reported that they would recommend Healthy Together as a core service at their organization

Healthy Together integrates easily into pre-existing programs and services. It is a cost-effective model for community organizations with an interest in supporting child development, promoting healthy lifestyles, fostering social relationships, and increasing access to community services.

“[In comparison to past programs offered at our organization that only focus on promoting cooking or physical activity], Healthy Together has so much more value in meeting our organizational priorities [because of the combined benefits doing a learning activity, cooking activity, and physical activity in a single session]. Executive Director, Community Organization

The Bridge Youth and Family Services supports the delivery of Healthy Together across Canada in English and French with:

- High-quality facilitator training. (in-person or online)
- A program tool kit with 30 adaptable age-based modules
- Access to web-based program resources

Join us in building a healthy future for children and families across Canada.
Find out how to bring **Healthy Together** to your community