

## PROGRAM BENEFITS

### WHY JOIN GO4FUN®?

- Learn about healthier ways of eating
- Get active playing fun games
- Boost confidence and make new friends
- Make positive changes as a family
- Feel fitter and healthier
- All for **FREE!**

### NOT SURE IF YOUR CHILD IS ABOVE A HEALTHY WEIGHT?

- Visit the Go4Fun® website's weight status calculator at: [go4fun.com.au](http://go4fun.com.au)
- Call 1800 780 900 to see if your child is above a healthy weight.
- Speak to your healthcare provider to check your child's weight status.

Learn tips for a healthier life – all for **FREE!**



# GO4FUN®

HEALTHY ACTIVE HAPPY KIDS

For more information or to register for the program:

TO REGISTER: FREE CALL

# 1800 780 900

SMS 0409 745 645 for a call back  
Register online at [www.go4fun.com.au](http://www.go4fun.com.au)

Visit our Facebook page!

[www.facebook.com/go4funprogram/](http://www.facebook.com/go4funprogram/)

Go4Fun® is a free program funded by NSW Health



NSW Ministry of Health  
Tel (02) 9391 9000  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

This work is copyrighted. It may be reproduced in whole or in part for study training purposes subject to the inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage of sale. Reproduction for the purposes other than those indicated above requires written permission from the NSW Ministry of Health.

March 2019 SHPN (OPH) 190117

# GO4FUN®

HEALTHY ACTIVE HAPPY KIDS

## FREE

Fun program for kids to become fitter, healthier and happier





## ARE YOU READY TO GO4FUN<sup>®</sup>?

Go4Fun<sup>®</sup> is a free program for NSW children aged 7-13 years who are above a healthy weight, and their parents or carers.

Run by health professionals, it's a fun way to learn about eating well, staying active and living a healthy life.

Sessions run once a week for 10 weeks, during school terms.

Highlights include:

- Fun active games and activities
- Tools and tips to help with healthy eating
- Rewards and prizes for making healthier changes
- A supermarket tour!



*"My daughter is excited to come, and she's excited to go home and implement what she's learned. Highly recommend it!"*

**- Shannon, Go4Fun<sup>®</sup> parent**

## GO4FUN<sup>®</sup> ONLINE

Go4Fun<sup>®</sup> Online is perfect for families who cannot make it to the face-to-face program, but still want to learn about healthy lifestyles.

### WHAT HAPPENS ON THE GO4FUN<sup>®</sup> ONLINE PROGRAM?

Go4Fun<sup>®</sup> Online runs over 10 weeks and includes:

- Online activity sessions
- Phone coaching with a health professional
- Resources and prizes
- Online community
- Email and text message support



*"If I could describe Go4Fun<sup>®</sup> Online it would be: best thing ever!"*

**- Joshua, Go4Fun<sup>®</sup> Online child**

## ABORIGINAL GO4FUN<sup>®</sup>

Aboriginal Go4Fun<sup>®</sup> is a program tailored specifically for Aboriginal families.

The program also runs once a week for 10 weeks, in line with the school term.

The program includes:

- Aboriginal support staff
- Traditional foods and games
- Resources for Aboriginal families



*"We were learning as well!"*

**- Rita, Aboriginal Go4Fun<sup>®</sup> grandparent**

