



**GO 4 FUN**<sup>®</sup>  
HEALTHY ACTIVE HAPPY KIDS

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**FREE**

Fun program for kids to become fitter, healthier and happier



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/)

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

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## Are you ready to Go4Fun<sup>®</sup>?

Go4Fun<sup>®</sup> is a healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families. Programs run during school term and are led by trained, qualified health professionals.

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

### TESTIMONIALS



*"My daughter Kaitlin did this program last term and I would recommend it to everyone. It has really changed her life. All I can say is, I am so thankful to the Go4Fun<sup>®</sup> program. It really is an excellent program for the kids and us parents."*

**- Chrissy Kellett,  
Go4Fun<sup>®</sup> mum**

*"I love, love, love (x10,000) this program."*

**- Go4Fun<sup>®</sup> child**



## HEALTHY ACTIVE HAPPY KIDS

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

The program consists of 10 sessions, delivered once a week for 2 hours. Highlights include:

- Fun games and activities for children.
- Interactive discussions to support your family to make healthier lifestyle choices.
- Practical demonstrations, games and tips on healthy foods, label reading and portion sizes - including a supermarket tour!

### WHO CAN JOIN GO4FUN<sup>®</sup>?

- Children aged 7 to 13 years who are above a healthy weight
- A parent or carer must be available to attend each session

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

- Speak to your healthcare provider to check your child's weight status.
- Alternatively, you can call 1800 780 900 to see if your child is above a healthy weight.

### WHY JOIN GO4FUN<sup>®</sup>?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Support on goal setting to achieve change
- All for **FREE!**

