

What is Go4Fun?

Go4Fun is a NSW Health, evidence-based healthy lifestyle program for parents and children aged 7 to 13 years who are above a healthy weight.

Go4Fun promotes behaviour change by focusing on:



Whole family approach



Establishing healthy eating habits



Increasing physical activity



Reducing screen use



Building confidence and self-esteem

Programs run across Western Sydney, in Blacktown, Cumberland, Parramatta and The Hills Local Government Areas. The program is also available online and as a culturally adapted Aboriginal program.

What happens at Go4Fun?

2 hour sessions • 1 session per week • 10 weeks

- led by tertiary qualified leaders (e.g. dietitians and exercise physiologists)
- education on healthy eating including label reading, portion sizes and healthy lunch box ideas
- fun games and activities for kids
- parent and carer support and advice and practical resources for families
- tips for encouraging more physical activity and managing screen time
- goal setting for behaviour change

Who can join Go4Fun?

- 7-13 year olds above a healthy weight
- A parent or carer must attend every session with their child/ren

Why refer?

Go4Fun has had many positive results, including:



0.5kg/m² reduction in BMI



Increase in self-esteem



1.3cm reduction in waist circumference



Increases in physical activity, decreased sedentary behaviour



Sweet drink consumption decreased



Significant improvements in fruit & vegetable consumption

For more information, posters, flyers or referral pads please visit

<http://www.wslhd.health.nsw.gov.au/refer> OR email wslhd-go4fun@health.nsw.gov.au

