



Go4Fun is an evidence based free 10 week (2 hour weekly sessions) healthy lifestyle program supporting children to become fitter, healthier and happier.

The program delivers best practice for weight management and reflects the NHMRC guidelines for the treatment of childhood obesity.

Trained health and community professionals run the program to support children and their families adopt a healthy lifestyle in a fun and interactive way.

The program focuses on improving:



Eating habits



Overall health



Fitness



Self esteem

OUTCOMES

Over 12,000 children have participated in Go4Fun and on average, children who completed the program achieve:



A decrease in BMI of **0.5kg/m²***



A decrease in waist circumference (**-1.2cm²***)



Improvements in self-esteem*



An increase in vegetable, fruit and water consumption*



An increase in physical activity per week*



ABORIGINAL GO4FUN is a culturally adapted version of Go4Fun that has been tailored especially for Aboriginal and Torres Strait Islander children and their families.



GO4FUN ONLINE is delivered flexibly with online activities, resource packs and phone-based health coaching for families who are unable to attend a face-to-face program.
www.go4funonline.com.au

ELIGIBILITY

- Lives in NSW
- Between 7 and 13 years of age
- Above a healthy weight (>85th Percentile)
- Accompanied to each session by a parent or carer

For info on how to appropriately assess the child's height, weight and weight status, visit: www.pro.healthykids.nsw.gov.au

PROGRAM REFERRAL

Health Professionals can refer eligible participants to Go4Fun by:

- Going to www.go4fun.com.au and return completed Go4Fun referral form to:
 - Email: contact@go4fun.com.au
 - Fax: 1300 325 301
- Medical Director or Best Practice Software

Referring health professionals can receive reports on participant outcomes and results.

* Clinically and statistically significant improvements (P<0.0001) as of 10/05/19