



TO REGISTER: VISIT
www.go4funonline.com.au

SMS 0427 218 523 for a call back
FREE CALL 1800 780 900

 www.facebook.com/go4funprogram/

GO 4 FUN
 **ONLINE**

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FREE

Fun online program for kids to become fitter, healthier and happier

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NSW Ministry of Health
Tel (02) 9391 9000
www.health.nsw.gov.au

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Are you ready to Go4Fun® Online?

Go4Fun® Online is a free healthy lifestyle program for NSW children aged 7-13 years who are above a healthy weight, and their families. The program runs over 10 weeks in line with the school term and can be completed in the comfort of your home.

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

WHY JOIN GO4FUN® ONLINE?

- Get expert advice on healthy eating
- Get active playing fun games
- Build confidence
- Make positive health changes as a family
- Get support with goal setting
- All for **FREE!**
- From the comfort of your home

WHAT HAPPENS ON THE GO4FUN® ONLINE PROGRAM?

Go4Fun® Online consists of 10 online sessions and weekly phone calls from a trained and qualified coach to help keep your family on track.

Highlights include:



Fun games and activities



Practical tools and tips to help with healthy eating, label reading and portion sizes



Great resources to make healthier choices



Earning tokens along the way to exchange for cool prizes at the end of the program!

HEALTHY ACTIVE HAPPY KIDS

WANT TO CHECK YOUR CHILD'S WEIGHT STATUS? HERE ARE SOME WAYS

- Speak to your healthcare provider to check your child's weight status
- Call **1800 780 900**
- Visit the Go4Fun website's weight status calculator at go4fun.com.au/why/bmi-calculator

Go4Fun® is also delivered face to face in local community settings, call **1800 780 900** for more information or visit go4fun.com.au

WHAT FAMILIES SAY



"Even though the program is finished we've still been able to carry through the tools and tips that we've learnt into our everyday life."

- Maria, Go4Fun® Online Mum



"We've learnt a lot from the Go4Fun® Online program. I know the children really love it."

- Aaron, Go4Fun® Online Dad



"If I could describe Go4Fun® Online it would be: best thing ever!"

- Go4Fun® Online child

