

25 September 2015

‘Go4Fun’ improves health outcomes and confidence for kids

South Western Sydney Local Health District (SWSLHD) will launch the next popular Go4Fun healthy lifestyle program on Tuesday 6th October to kick off the school term.

Go4Fun is a fun and free program for children aged 7-13, who are above a healthy weight. It is run in six locations across south western Sydney.

Debbie Gosling, who enrolled her two daughters, Jorja and Karli, in Go4Fun in Term 1 in Mount Annan said that following the program both girls are now confident to try new activities, foods and are more active at school.

“The girls now show more awareness with their food choices and they understand the importance of drinking 6-8 cups of water a day. They are confident to talk about their choices with their friends and family,” said Ms Gosling.

Jorja and Karli loved the swimming sessions (available at Mount Annan), supermarket tour, learning how to become a ‘food label detective’ and being rewarded with stars when they completed their goals.

Acting Director of the SWSLHD Health Promotion Service, Liz Millen, says the Go4Fun program is contributing to positive health outcomes for participating families in south western Sydney.

“It’s only through a whole community approach involving children, families, schools, local physical activity providers and the Go4Fun program that great changes can be achieved,” Ms Millen said.

“Go4Fun can help children above a healthy weight to reach a healthier weight, increase time spent being active, improve fitness and raise self-esteem,” she said.

At the end of Term 2, 2015 the Go4Fun participants’ waist circumference, an indicator of abdominal fat, was decreased by an average of 1.4cm*.

Average fruit and vegetable consumption also increased by the end of the program.

By the end of the program, 77 per cent of children were meeting the daily National Physical Activity Guidelines recommendation of at least 60 minutes of physical activity per day, compared to 37 per cent pre-program*, a significant achievement for Go4Fun participants.

Register your interest now by contacting Go4Fun on 1800 780 900 or visit the website at www.go4fun.com.au

**Go4Fun Portfolio Report, South Western Sydney LHD Term 2 2015, Better Health Company*

ABOUT GO4FUN

Go4Fun is a fun and free program for children aged 7-13 who are above a healthy weight. The program runs during term after school, and gives children and their parents a positive chance to learn about health and nutrition as well as participating in fun games and activities.

The program helps children build self-esteem and confidence in a supportive environment, as well as helping to set in place long-term healthy habits for the whole family.

Go4Fun is now running at six locations across south western Sydney, providing sustained benefit to the health of families through increased physical activity and better nutrition.

Since the program began in 2011 over 6260 families in NSW have successfully participated in Go4Fun.

Go4Fun is an enjoyable way to encourage children and the whole family to develop a love of physical activity and increase self-esteem and confidence.

Parents can quickly check if their child is above a healthy weight. A BMI calculator can be found online at www.go4fun.com.au or by calling 1800 780 900.