

24 January 2017

Go4Fun helping families shape up this Summer

Who says fitness can't be fun? Children are being encouraged to get active this summer with Go4Fun, a free afterschool healthy lifestyle program run by NSW Health. Kicking off in Term 1 for 10 weeks across south western Sydney, Go4Fun checks all the health and fitness boxes.

With childhood obesity rates across south western Sydney sitting above the state average, Go4Fun Manager Kezia Okulicz said there has never been a better time for families to make healthy habits part of their daily routine.

"Go4Fun is an inclusive and stimulating healthy lifestyle program that is offered free to children aged seven to 13 years who are above a healthy weight," Ms Okulicz said.

"In our weekly sessions, we ensure parents are involved so that healthy changes can be made through engaging group sessions. After a group discussion, parents continue on to further discuss healthy eating with our nutrition leaders and the kids play a fun range of games and activities, including swimming sessions."

Cabramatta mother Vanessa Nangarelli, attended the program last term with her daughter Emily and feels her family has made great progress in adopting a healthier lifestyle from the program.

"Emily has not only become more active and switched junk food for healthy options but has become happier and healthier with a whole new release of confidence," Ms Nangarelli said.

A point which was reaffirmed by Ms Okulicz who said a balanced diet also helped children concentrate at school, helping with their learning and mood.

"We see many kids like Emily leaving the program with improved self-esteem and confidence, newly developed fitness levels and sporting skills, and an all-round improvement in their mental and physical health," Ms Okulicz said.

The program provides parents with advice on weight and role modelling, and nutrition information on food serving sizes and label reading in a supportive environment.

Go4Fun runs for 10 weeks during the school term at the following venues:

- Bankstown PCYC, Wednesday 1st February 4.30-6.30pm
- Holsworthy Public School, Monday 30th January 4-6pm
- Fairfield-Cabramatta PCYC, Thursday 2nd February 4-6pm
- Macquarie Fields Leisure Centre, Thursday 2nd February 4-6pm
- Harrington Grove Country Club, Saturday 4th February 1-3pm
- Revesby Max Parker Leisure Centre, Saturday 4th February 1-3pm

For more details, visit www.go4fun.com.au or free call 1800 780 900.