

Go4Fun program changing lives

Seven local children with their families recently graduated from Go4Fun held in Port Macquarie. Go4Fun provides a fun approach to learning skills for life such as preparing and eating healthy foods, understanding food labels and keeping fit and healthy. Go4Fun is a free after school program running once or twice a week for children aged 7 to 13 years and above a healthy weight.

Local Hastings parent Sue said “I read about Go4Fun in the schools newsletter and decided I would just find out a little bit more about it. I never in a million years thought it would change our lives forever.”

“The Go4Fun leaders encouraged my daughter to do well and praised her for her weekly efforts. We made friends there and it was fun to go to the program. At the beginning I thought twice a week would be hard to commit to, but by the end we were devastated that it was over”, said Sue.

“I think by far the reason that my daughter did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents.”

“Go4Fun will be something I will remember forever, and my daughter will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives.”

New free Go4Fun programs are usually running in your area now. Register your interest by contacting Go4Fun on 1800 780 900 or visit the website at www.go4fun.com.au