

**WELCOME
TO GO4FUN**

Go4Fun[®]

Healthy • Active • Happy • Kids

Dear parent or carer,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?

Go4Fun runs for 10 weeks after school or on weekends during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?

Every week the children will also be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practice.

START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle

Your child will also earn up to 3 bonus attendance rewards over the ten Go4Fun sessions.

You will also receive a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging.

Parents receive a report on their child's progress and health improvements following Go4Fun.



WHAT RESULTS ARE WE LIKELY TO SEE?

Since Go4Fun began in July 2011, we have helped more than 200 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4fun children now:

- ☺ have a reduced waist circumference
- ☺ eat more fruit and vegetables each day
- ☺ drink less soft drink
- ☺ are more active and meet the physical activity guidelines
- ☺ spend less time in sedentary activities
- ☺ have improved self-esteem

WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe 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 Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." **Sue, mother of Chloe, Port Macquarie**

"Even though we knew the nutrition and exercise information before we started, it's helped us so much. Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." **Tracey, mother of Matilda, Coffs Harbour**



HOW DO I ENROL?

Registrations for Term 4, 2015 programs are open with limited places still available in our Port Macquarie, Wauchope, Nambucca Heads and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place in a program by registering online at: www.go4fun.com.au or calling 1800 780 900. Local contact: Margo Johnston on 6562 0324

