

Media Release

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GO 4Fun – a free 10-week program to help kids become fitter, healthier and happier

Children living in the Kirrawee, Kogarah and Randwick areas now have the opportunity to join a free program which will give them the skills and knowledge to improve their health and wellbeing – with the support of their families.

Go4Fun® is an established healthy lifestyle program funded by NSW Health, designed to improve the health, fitness, self-esteem and confidence in children aged seven to 13 who are above their ideal weight.

The Go4Fun program has had excellent results with children completing the program achieving an average:

- Decrease of 2cm in waist circumference (abdominal fat)
- A reduction of 4.6 hours per week in sedentary activities (e.g., tv, computer games)
- Increase of number of days spent doing 60 minutes of physical activity up from two to 3.1
- An extra 4.2 hours per week of physical activity

The Go4Fun program runs during school terms for children and their parents/carers. Sessions are held after school and include informative games, activities, tips on healthy food, label reading and portion size plus much more.

The next Go4Fun® programs will commence at Kirrawee, Kogarah and Randwick on Monday 29 April, 2013 through to Thursday 27 June, 2013.

Emma Sainsbury, Health Promotion Service Project Officer, South Eastern Sydney Local Health District said rather than focusing on weight loss alone, the program uses a practical and interactive learning approach to teach children and their parents weight management skills.

“It’s a great way to get kids outside and active. Many children who take part in the 10 week program achieve a healthier weight for their age and height, which not only results in them being healthier and fitter, but also gives them a boost to their confidence.

“Already, the program has helped many families and we hope that more will take up this opportunity to turn their lives around,” Ms Sainsbury said.

Registrations for the next school term are now open. To register or find out more information about program locations, please contact Emma Sainsbury on 9382 8646.

**South Eastern Sydney Local Health District
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