

# Media Release



Health  
South Eastern Sydney  
Local Health District

9 July, 2012

## Free 10-week program to help kids become fitter, healthier and happier

Hundreds of children living in the areas of Caringbah, Kogarah, Hurstville and Matraville have adopted a healthier lifestyle since a free healthy lifestyle program began in 2009.

The free Go4Fun® program, funded by NSW Health, gives children above their healthy weight the skills and knowledge to improve their health and wellbeing. It encourages them to take responsibility for their own health – with the support of their families.

Run twice-weekly and delivered by specially trained health and fitness specialists, the program consists of fun and dynamic sessions to help children become fitter, healthier and happier.

It is designed for children aged 7 to 13 years to improve the child's self-esteem and confidence and build a foundation for long term healthy living.

Lara Cooke, Program Manager, from the Health Promotion Service, South Eastern Sydney Local Health District, said the program is a really positive and enjoyable family experience while demonstrating how exercise can be fun for children who may not enjoy traditional team sports.

"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 and makes them feel like they've really accomplished something important," she said.

Participating in the program is also a great way to make long lasting friendships.

"There are activities designed to make exercise fun, discussions on improving a child's nutrition, physical activities plus practical activities on healthy food options, reading food labels and portion control, including a supermarket tour.

"The program is designed to help many families and we hope that more will take up this opportunity to turn their lives around," Ms Cooke said.

The Go4Fun® programs at Caringbah, Hurstville and Matraville will commence on Tuesday 17 July, 2012 and Kogarah will commence on Monday 16 July, 2012.

Families interested in participating in either program should call 1800 780 900 or follow the links on [www.mendcentral.org](http://www.mendcentral.org)

Please note a parent or carer must accompany each child to every session.

### Notes to Editor:

**For media enquiries, or to arrange interviews with the Program Manager or program participants, please contact Maxine Brennan on 9113 2601 or 0413 028 776.**

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