New Go4Fun Number Launched – 1800 780 900

A new 1-800 Number for the Go4Fun program is now available for families to find out more about the free healthy lifestyle program supporting children to become fitter, healthier and happier.

Sydney Local Heath District Program Manager Marina Davis said the beginning of the year was a good time for parents to get in touch with their local Go4Fun program by calling 1800 780 900.

“The beginning of the year is a good time to start, after the long holidays where we have been out of routine and probably eating too much and not exercising enough,” Ms Davis said.

“Programs like Go4Fun work because they are interactive and support 7-13 year-old children and their families in adopting a long lasting and healthy approach to their daily lives.

“It is fun for kids and their families alike and provides an approach that should benefit families now and in the long term because it’s all about healthy living.”

Go4Fun Programs have been running in NSW since July 2009, with 175 programs delivered and more than 1200 families completing the program across NSW.

The program is currently being run at Ashfield Aquatic Centre, Belmore South Public School and Victoria Park Pool, Camperdown.

So far 149 families have participated in programs at these centres, achieving a decrease in waist circumference, improvement in fitness level and self esteem.

After completing the program, participants, on average, achieved:
- 2.6cm decrease in waist circumference measurements
- Improvement in cardio respiratory fitness, 8.7 beats per minute decrease in recovery heart rate after a 3 minute step test
- An improvement in self esteem.

The program consists of 20 sessions, twice a week for two hours where there are different games and activities.

“We also run fun, interactive discussions to teach you easy and effective ways to improve children’s nutrition, physical activity and self-esteem. There are also practical demonstrations, games and tips about healthy foods, label reading and portion sizes. And we serve delicious and healthy new foods for everyone to try,” Ms Davis said.

“The program is free and I’d encourage families to call 1800 780 900 and register.”

A family of four from Leichhardt completed the program last year. Father of an 11-year-old son and a nine-year-old daughter saw a significant change to their health and fitness and their approach to health eating and regular exercise.
“The biggest change I have noted after the program has been in my kids’ attitude when out shopping at the supermarket,” said the father.

“During the program we were taught what foods were friendly or unfriendly so now the kids are telling me what not to buy. They also loved the physical activities throughout the program. The Go4Fun program certainly has made it a lot easier to make healthier food choices and adopt a healthier lifestyle.”

The phone service will be available from 10am to 6 pm, Monday to Friday. Callers will be provided with information and details of local programs and be able to book in. Families can also register online at www.mendcentral.org.