8 July, 2013

This winter – activate, don’t hibernate

Children are being encouraged to get active this winter with the free Go4Fun healthy lifestyle program starting from 15 July.

Go4Fun runs after-school during the school term and is delivered by trained health and fitness professionals.

The 10-week program teaches healthy eating and lifestyles through fun games and activities for children aged 7-13 who are above their ideal weight.

The acting director of the Sydney Local Health District Health Promotion Service, Mandy Williams, said nearly one in four school children were overweight or obese, which had a significant impact on long-term health.

“Go4Fun has had great results, providing sustained benefits to the health of children and their families through increased physical activity and better nutrition choices,” Ms Williams said.

“We have had more than 2000 families in NSW successfully participating in Go4Fun since its inception in 2011.

“The program is an enjoyable way to encourage children and the whole family to develop a love of physical activity and increase self-esteem and confidence,” she said.

Concord West residents Catherine and her son Benjamin recently completed the program.

“Go4Fun taught important nutritional information in an easy to understand way for kids. Benjamin now thinks more about making healthier choices when it comes to food. He enjoyed the swimming games, built confidence and made new friends,” Catherine said.

Increase your child’s fitness and health by enrolling now at www.slhd.nsw.gov.au/go4fun for the new term:

- **Canterbury**: Riverwood Community Centre, 151 Belmore Road, North Riverwood, Tuesdays 4pm – 6pm;
- **Canada Bay**: Five Dock Leisure Centre, William Street Five Dock, Mondays and Thursdays 4:15pm – 6:15pm;
- **Marrickville**: Marrickville PCYC, 531 Illawarra Road, Marrickville, Mondays and Thursdays 4pm – 6pm; and
- **Strathfield**: Strathfield Community Centre, 1 Bates Street, Homebush, days and times coming soon.

To book a place in the program, call 1800 780 900 or contact the Go4Fun Program Manager Leah Choi on (02) 9780 2811.