

Media Release



Health
Sydney
Local Health District

Wednesday 6 February, 2019

Go4Fun kicks off in Sydney

Go4Fun, a free, after-school, healthy lifestyle program for primary school-aged children who are above their ideal weight, kicks off across Sydney Local Health District this week.

Go4Fun is aimed at reducing rates of childhood obesity in children aged 7 to 13 by providing fun activities designed to improve self-confidence, self-esteem and physical fitness.

The 10-week program runs once a week during school terms and teaches children about the benefits of healthy eating as well as healthy lifestyles through games and activities.

Karen Bedford, Acting Director of Sydney Local Health District's Health Promotion Service, said addressing rising rates of obesity in children was a critical step in the long-term health of Sydney residents.

"Around one in five school children are now overweight or obese, which we know has a significant impact on their long-term health," Ms Bedford said.

"Go4Fun has been shown to improve long-term health in children on measures from increased physical activity and nutrition choices to reduced body mass index and waist circumference.

"Mums, dads and carers concerned about the weight of their children are encouraged to enroll them in a free, fun and engaging program that fosters healthier, fitter and happier lifestyles," she said.

Go4Fun is one of the programs of the NSW Healthy Children Initiative working towards the NSW Premier's priority of reducing childhood overweight and obesity by 5 per cent by 2025.

The program is delivered by trained health and fitness professionals, and gives families skills and information to make healthier food choices. It also allows children to participate in fun activities designed to improve self-confidence, self-esteem and physical fitness.

Go4Fun is administered by Sydney Local Health District Health Promotion Service in conjunction with the NSW Ministry of Health.

There are still places available for term 1.

CANTERBURY

Canterbury Aquatic and Fitness Centre
Phillips Ave, Canterbury 2193
Tuesdays 3.45pm to 5.45pm
From Tuesday 2 February for 10 weeks

LAKEMBA

Australian National Sports Club

Sydney Local Health District Media Unit

Tel 9515 9607 or 0409 243 544 Email SLHD-media@health.nsw.gov.au



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Parry Park, 571-577 Punchbowl Road, Lakemba
Wednesdays 4pm to 6pm
From Wednesday 6 February for 10 weeks

FIVE DOCK

Five Dock Leisure Centre
Cnr Queens Rd and William St, Five Dock 2046.
Thursdays 4pm to 6pm
From Thursday 7 February for 10 weeks

For more information and to register your child, call 1800 780 900 or visit
www.go4fun.com.au

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