Go4Fun® healthy lifestyle program

Healthy • Active • Happy • Kids

Go4Fun is a healthy lifestyle program for children aged 7-13 years who are above their healthy weight. The program is run after-school during the school term and is FREE for eligible families. Go4Fun is open for new enrolments at www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html

Go4Fun originated in the UK as an evidence-based multi-disciplinary program called MEND. This program was designed by a specialist clinical team focused on participation as opposed to competition, and has operated in New South Wales as Go4Fun for over three years.

MEND stands for...

Mind – Understanding and changing unhealthy attitudes and behaviours around food (e.g. personal goals and reward setting, internal and external food triggers, and effective problem solving).

Exercise – Adequate, safe and fun physical activity for one hour per session (sessions based on outdoor and pool activities to help build physical activity and sporting skill, working on fundamental movement skills as well as teamwork).

Nutrition – Enjoyable and practical activities teaching healthy eating and food choices including: healthy eating information (e.g. fats, sugars, unrefined vs refined foods); food label reading and a supermarket tour.

Do it – Get involved!

What is 'above a healthy weight'?

Approximately 25 per cent of children in NSW are overweight or obese. Children who could be above a healthy weight for height and age include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

Why should children attend Go4Fun?

Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child's self-esteem, willingness to participate in activities and can even affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.

Does the Go4Fun program work?

Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun. This information helps build the program's evidence base and track improvements of individual children as a result of the program.

The program meets all current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for the Management of Overweight and Obesity in Children.

1st Hour	2nd Hour
Nutrition or Mind Theory session (Parents & Children) e.g. label reading goal setting	Parents: Facilitated discussion session Children: Exercise session

The benefits of the Go4Fun program:

- Improved self-esteem and confidence
- Improved sporting skills and fitness
- Improved team work and communication
- Improved diet enhancing concentration and mood/behaviour
- A healthier child!

Where: Go4Fun programs are run from sports centres, schools and community centres in most council areas of South Western Sydney and Sydney Local Health Districts.

When: Programs run after school alongside each school term for 10 weeks. Sessions runs twice a week for two hours, usually starting at 4:00pm, 4:30pm or 5:00pm.

How much does it cost?

The program is **FREE** for all families. Children who attend the program receive two free t-shirts, a drawstring bag, bouncy ball, water bottle and information folder.

After MEND

Each family is provided with online access to MEND World for the following 12 months, encouraging families to maintain healthy changes and inspire ongoing positive steps. Information about available community clubs and programs in local areas is also provided to graduating families.

NSW GOVERNMENT Health
Population Health

Go4Fun®

How to find out more and contact details:
Leah Choi - Go4Fun Program Manager
South Western Sydney and Sydney Local Health District Health Promotion Service
P: (02) 9780 2811 | M: 0457 507 606
E: Leah.choi@sswahs.nsw.gov.au | W: www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html

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