



# IT'S TIME FOR Go4Fun

## Host us at your school

We are seeking schools to host Go4Fun. It's a free 10-week program for children aged 7-13 and their families, funded by NSW Health.

### What is Go4Fun?



Focuses on making lifestyle changes as a family.



Encourages healthy eating habits and fitness and improves self-esteem in kids.



Takes place once a week after school for two hours, over 10 weeks.



Run by qualified health professionals, including dietitians and exercise physiologists.



A parent or carer must come to every session.

### Why host us at your school?

- Enhances wellbeing of children and families.
- Access to specialised health professionals.
- Links to school wellbeing plan – can be offered annually at your school.
- Uses existing spaces. The minimum requirement is a COLA (or hall) for physical activity and an education room (such as a classroom/library).
- Flexible - can operate anytime from 3:15 pm across a term.
- Can be run alongside existing after-school care programs.

**Changes to program:** Previously, Go4Fun has been a program for children who are above a healthy weight. It has now changed to be a program for children of a healthy weight and above.



If you would like to discuss this opportunity please email Go4Fun Program Manager  
E: [isldh-healthpromotion@health.nsw.gov.au](mailto:isldh-healthpromotion@health.nsw.gov.au)

Illawarra Shoalhaven  
Local Health District

