



Go for healthy habits – for life

- Learn healthy recipes
- Get active together as a family
- Get professional support to set and achieve your goals
- Improve overall wellbeing
- Win prizes and rewards


go4fun.com.au
1800 780 900



Ready, set, Go4Fun

- 1 Visit go4fun.com.au
- 2 Search programs in your area
- 3 Register your child
- 4 Receive a call to confirm enrolment

Free call 1800 780 900
or text 0409 745 645 for a call back

 Find a Go4Fun program

Location



Scan the QR code to find your local Go4Fun program today



Go4Fun



A **free** healthy lifestyle program for kids aged 7 to 13 and their families.

Support for healthy eating, physical activity and overall wellbeing.

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“The program gave us a useful framework to discuss healthy living as a family, helped us change our habits for the better and improved our communication and relationships.”

– Parent

Standard Go4Fun

 go4fun.com.au

Go4Fun is a fun way to learn about eating well, staying active and living a healthy life.

Sessions run once a week for 10 weeks, during school terms. Highlights include:

- Fun active games and activities
- Tools and tips to help with healthy eating
- Rewards and prizes for making healthier changes
- A supermarket tour



Go4Fun Online

 go4funonline.com.au

Go4Fun Online is perfect for families who can't make it to the standard program, but still want to learn about healthy lifestyles.

Go4Fun Online runs over 10 weeks and includes:

- Online activity sessions
- Phone coaching with a health professional
- Resources and prizes
- Online community
- Email and text message support



“If I could describe Go4Fun Online it would be: best thing ever!”

– Joshua, participant



Aboriginal Go4Fun

 go4fun.com.au/aboriginal

Aboriginal Go4Fun is a free healthy lifestyle program for kids aged 7-13 and their families. It includes:

- Aboriginal support staff who know the community
- Traditional foods and games
- Resources for mob to learn healthy habits
- One session a week for 10 weeks each school term



“There's some things that I didn't think sugar was in it and I'm thinking oh wow, we were learning as well, so it was good.”

– Rita, Grandparent

