

Go4Fun Online

Is your child...

- Aged 7-13 years old?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

Go4Fun Online is a **NEW** and **FREE** program that helps children and families improve their eating and physical activity habits. There are 10 weekly online sessions and phone calls from a trained and qualified coach to help keep participants on track.

Preliminary testing of the program resulted in excellent participant outcomes and the NSW Office of Preventive Health is now aiming to recruit up to 100 families (particularly from rural/regional areas) to a full pilot test of Go4Fun Online starting Term 1 2018.

Interested families are encouraged to register or find out more:

Phone: 1800 780 900 or access the website: <https://go4funonline.com.au/>

Go4Fun online provides:

- Information and support to improve eating and physical eating habits
- Fun games for participants and their families
- Weekly tokens and prizes for eligible participants.

