

Media Release



Health
South Eastern Sydney
Local Health District



Healthy • Active • Happy • Kids

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Jordan Goes For Fun

Seven year-old Jordan Taurig hasn't looked back since joining his local Go4Fun® program in Randwick, finding his feet and gaining new confidence, and his family couldn't be happier.

Go4Fun® is a free healthy lifestyle program supporting 7-13 year old children and their families to adopt long-lasting and healthy lifestyle choices to become fitter, healthier and happier.

Linda Trotter, local Go4Fun Coordinator, Health Promotion Service, South Eastern Sydney Local Health District, said the program is run across NSW.

'It focusses on improving eating habits, fitness, teamwork and overall health,' she said.

"Sessions are held after school and include informative games, activities, tip's on healthy food, label reading and portion size."

Jordan's mum, Dana, said her son's increased confidence has been inspiring.

"He has a better understanding of healthy foods versus unhealthy foods and is more confident in his abilities in physical activities," she said.

Dana said she learned more about nutrition and the importance of involving the whole family in changing eating habits, and enjoyed the discussion with other parents - sharing ideas, concerns and issues.

"We have replaced unhealthy snacks with healthy ones and we are much more aware of the sugar and fat content in packaged food," she said.

Meantime, Jordan just can't wait to do more.

"My mum is going to enrol me in a soccer club this year and I am really looking forward to it!" he said.

Recent NSW surveys show that many children are not meeting the recommendations for 60 minutes of physical activity each day.

Local results with children completing the program show:

- An increase in the number of days doing physical activity from 2 to 3;
- An extra 4 hours per week of physical activity; and
- 4 hours per week reduction time in sedentary activities (television and computer games).

Registrations for the next school term are now open. To register or find out more about program locations, please visit www.go4fun.com.au or call local Go4Fun Coordinator Linda Trotter 9382 8641.

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Media contact: Jane Grljusich, 02 9382 8398, or 0411 730 842

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