

HEALTHY FOODS & ACTIVE PLAY

are what growing bodies need

RIDE &
WALK



CRUNCH
ON FRUIT
& VEG



PACK
FRESH



DRINK
WATER



SWITCH
OFF



GET
MOVING



CLICK ON EACH TOPIC
FOR MORE INFORMATION

There are programs available to help you and your child.

GO4FUN
HEALTHY ACTIVE HAPPY KIDS

A 10-week healthy lifestyle program for kids aged 7 to 13 years who are above a healthy weight. It runs each school term and is available online.
Call 1800 780 900 or visit go4fun.com.au

get healthy
Information & Coaching Service

A free telephone health coaching service that provides the help and motivation you need to help reach your goals.
Call 1300 806 258 or visit gethealthynsw.com.au



HEALTHYEATING
ACTIVE LIVING

Healthy Living is about making small lifestyle changes that can make a big difference to your health.
Visit healthyliving.nsw.gov.au



HEALTH PROMOTION
Illawarra Shoalhaven

The Health Promotion Service works with schools, early childhood services and community groups to improve your child's health and wellbeing.
Visit islhd.health.nsw.gov.au



Health
Illawarra Shoalhaven
Local Health District