

GET A FRESH START

Healthy food and active play can give your child the best start to their day!



CRUNCH ON
FRUIT AND VEG



TURN OFF THE SCREEN



RIDE AND WALK



PACK FRESH



GET MOVING



DRINK WATER



Health
Illawarra Shoalhaven
Local Health District

There are programs available to help you and your family on your health journey.



Go4Fun is a ten week healthy lifestyle program for kids aged 7 to 13 years who are above a healthy weight. The program runs each school term.

1800 780 900 or www.go4fun.com.au



Healthy Kids is your 'one stop shop' for parents, teachers and health professionals who want information about healthy eating and physical activity.

www.healthykids.nsw.gov.au



Make Healthy Normal is about making small lifestyle changes that can make a big difference to your health.

www.makehealthynormal.nsw.gov.au



Get Healthy Service is a free telephone health coaching service that provides the help and motivation you need to help reach your goals.

1300 806 258 or www.gethealthynsw.com.au

An initiative of the Health Promotion Service
Illawarra Shoalhaven Local Health District