

# Get the best out of their day

Healthy eating, active play and sleep  
is needed for growing bodies



**Eat more fruit & vegetables**



**Get active each day**



**Turn off the screen**



**Choose water as a drink**



**Get a good night sleep**



**Choose healthier snacks**



**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](http://www.go4fun.com.au)



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

[www.healthykids.nsw.gov.au](http://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](http://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](http://www.gethealthynsw.com.au)