

check out what our clients are saying about us:

"GoGo Healthy Kids have worked in our school, focusing on improving student fitness levels as well as educating them on healthy foods and exercise. They are highly engaging, motivating and enthusiastic and the students aged from kindergarden to year 6 thoroughly enjoy their high energy fitness sessions. I would thoroughly recommend giving them a try!"

Tania RILEY

Principal (Paddington Public school)

"GoGo Healthy Kids gets kids truly excited about sport and exercise all while having fun and in such a playful way. I couldn't recommend it highly enough!"

Justine CULLEN

Editor, Shop til you Drop / Shop 4 Kids
(Mum to Milo, 5 and Iggy, 4)

"I just wanted to pass on that the feedback from my son has been so positive to your program!

My boys are involved in many activities and for Jack this one really stands out as a winner."

Heidy

Founder of Luckyyoucleanse
(Mum to Jack, 7)

"The children at our service have really taken a strong liking to the Go Go sessions! The coaches are very enthusiastic and find creative fun ways to motivate the children. I strongly recommend Go Go to any centre that wants to run a fun fitness program."

Maria Elena Peroy

Randwick OOSH Coordinator

"My 6 year old daughter is so happy and so positive after an hour of GoGo Healthy Kids. She is learning to feel great from exercise and that is just fantastic!"

Bec

(Mum to Ornella, 6)

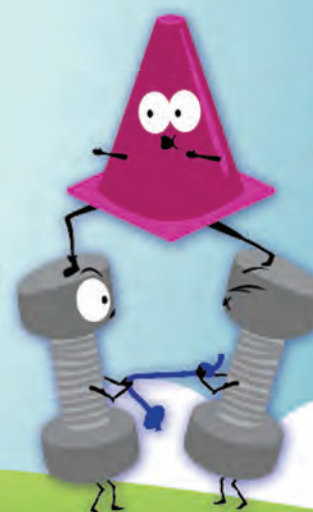
Contact us:

by email: info@gogohealthykids.com.au

by phone: 1300 482 209



Healthy Inc. is the innovative primary school based
health and fitness initiative that is unique to GoGo
Healthy Kids.



The aim of the program is to bring kids, parents and teachers together to work towards the common goal of improving general fitness and nutrition, in both home and school surroundings.

www.gogohealthykids.com.au

ITS ALL ABOUT THE KIDS

What will GoGo Healthy Kids Learn?

Fitness

- Anatomy
- Dangers of inactivity
- How to stay active every day
- How to get fitter efficiently
- Training is FUN



Nutrition

- Good and bad things about diets
- Everyday food vs sometimes foods
- Importance of water
- How to make a lunch box
- How to cook healthy food at home
- And much more...



The program essentials include:

- Qualified trainers and child nutritionists that work with the children and their carers over a 8 week period.
- At the beginning of the term all participants will receive a GoGo Kit that includes our HEALTHY BOOK and all the stationery they will need!
- The GoGo childhood nutritionist will work with children and parents on healthy eating habits.
- GoGo Trainers provide a fun and safe environment where GoGo Healthy Kids feel confident in developing their skills at their own pace by trying their hardest

Our Packages are tailored to fit in with any school and any budget!

BRONZE PACKAGE

Price per session/child : \$4.9

- 8 week fitness program with a total of 8 x 45min, 1 hour training sessions, led by our experienced GoGo Trainers.
- Nutrition tips 2 session
- Drinks and refreshments at every training session
- A GoGo Healthy book (value \$20) to give everyone the information they need about fitness and nutrition!

Price \$49 per child for 8 week Healthy Inc. Program

GOLD PACKAGE

Price per session/child : \$8.9

- 8 week fitness program with a total of 8 x 45min, 1 hour training sessions, led by our experienced GoGo Trainers.
- 2 x group nutrition sessions with a qualified nutritionist
- Drinks and refreshments at every training session
- A GoGo Kit (\$50 value) including lots of stationery, other promotional items and a GoGo Healthy book!

Price \$89 per child for 8 week Healthy Inc. Program

SILVER PACKAGE

Price per session/child : \$6.9

- 8 week fitness program with a total of 8 x 45min, 1 hour training sessions, led by our experienced GoGo Trainers.
- Nutrition tips 2 session
- Drinks and refreshments at every training session
- A GoGo Kit (\$50 value) including lots of stationery, other promotional items and a GoGo Healthy book!

Price \$69 per child for 8 week Healthy Inc. Program

TEACHERS TRAINING

The GoGo Trainer will be happy to motivate all the school staff with our great TEACHER'S TRAINING SESSION!

- Gives a motivation boost to everyone, more energy = happy staff
- Extremely fun
- Proven method to promote staff bonding and team spirit
- Only \$10 a session per participant!
- Recommended by Glenmore Road Public School, Darlinghurst Public School, Bondi Public School, Woollahra Public School,....!!!

PARTICIPATION THE LOW DOWN



what do the children need to participate?

- Sports shoes
- Sport cap
- Drink bottle
- A good attitude!!!



check how fit is your school and our other great programs on our website!

www.gogohealthykids.com.au

We will rock their world!

All of the kids we train ask for more!