

**From:** Joel Bazley (Nepean Blue Mountains LHD) <Joel.Bazley@health.nsw.gov.au>

**Sent:** Tuesday, 22 November 2022 8:10 AM

**Subject:** Go4Fun: Healthy Active Happy Kids – Nutrition and Physical Activity Leaders wanted! contract work (3 hours/week for 10 week blocks, aligned with school terms from 4-7pm)

Dear all,

We are looking for experienced, enthusiastic and motivating health professionals to facilitate the [Go4Fun](#) program in the Penrith, Blue Mountains, Hawkesbury and Lithgow areas.

Go4Fun, an initiative of NSW Health, is a 10-week healthy lifestyle group program for children 7-13 years of age (who are above a healthy weight) and their parents/caregivers. Go4Fun is a fun way to learn more about healthy living by making lifestyle changes as a family - eating healthy, being more active and improving self-esteem in kids. Go4Fun has been running successfully in Nepean Blue Mountains since 2011.

We are seeking to fill 2 roles – Nutrition Leader and Physical Activity Leader.

Nutrition Leaders facilitate a 1-hour nutrition session with children and parents, followed by a 1-hour parent-only session. These leaders will have tertiary qualifications in nutrition, dietetics or similar.

Physical Activity Leaders support the Nutrition Leader in the first hour, followed by a 1-hour activity session with the children. These leaders will have tertiary qualifications in exercise science/physiology, personal training, sports coaching or similar.

Leaders must commit to 30 hours per program, that is, 10 weeks for a 3-hour period per week (usually 4-7pm) during the school term and are contracted by NBMLHD for each program and paid \$65 per hour. Leaders must have a current driver's license and own vehicle, public liability and professional indemnity insurance (\$20 million each), Working with Children Check and First Aid.

**This is a continuous recruitment for the NBMLHD Go4Fun leader contract pool. Applications will be assessed as they are received. Applications for term 1 2023 roles will close on 8 December 2022.**

For more information or to apply, please contact us at [NBMLHD-HealthPromotion@health.nsw.gov.au](mailto:NBMLHD-HealthPromotion@health.nsw.gov.au) or call (02) 4734 43877

Please kindly share this job opportunity to your networks.

Kind regards,

Go4Fun team, Health Promotion Service, Nepean Blue Mountains Local Health District

**Joel Bazley**

Health Promotion Officer - *Go4Fun* | **Health Promotion**

Nepean Blue Mountains LHD

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