

# Healthy Dads, Healthy Kids



## ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

Register your interest now to be involved in an international award winning healthy lifestyle program in 2016!



Healthy Dads, Healthy Kids is a FREE nine week program run by The University of Newcastle

*"I cannot recommend this program enough."*

*"Healthy Dads, Healthy Kids made me a better father."*

*"The four of my kids and I had smiles and sore abs. The abs were from laughing so much!"*

### What does 'Healthy Dads, Healthy Kids' involve?

- 9 x 90 minute face-to-face weekly sessions delivered by expert facilitators for dads and kids consisting of:
  - 5 x dads and kids information sessions (30 mins) and physical activity sessions (60mins)
  - 2 x weight maintenance, healthy eating and physical activity information sessions for dads-only (90 mins)
  - 2 x dads, mums and kids information sessions (60 mins) and physical activity sessions (30 mins)



QUALITY FAMILY TIME TOGETHER



FUN ROUGH & TUMBLE PLAY

### What will you get out of 'Healthy Dads, Healthy Kids'?

- Dads learn how to manage their weight without having to give up the foods and drinks they love
- HDHK will provide dads with parenting secrets to getting kids physically active, reducing kids screen time and improving their self esteem and confidence
- Dads and kids will spend quality time together participating in fun rough and tumble games, health-related fitness and sports skills activities

### What our research has shown the program improves:

Morgan et al (2011). International Journal of Obesity

#### Dads have achieved:

- health improvements of weight loss, reduced waist circumference and blood pressure
- increased physical activity
- improved parenting skills
- improved diet
- improved relationships with their children and family quality of life

#### Kids have achieved:

- a healthier weight
- increased physical activity and fitness
- improved educational outcomes
- improved sports skills
- improved social and emotional well-being



IMPROVE SPORTS SKILLS



DADS OR ANY MALE ROLE MODEL OF PRIMARY SCHOOL KIDS  
REGISTER YOUR INTEREST NOW

Email: [healthydads@newcastle.edu.au](mailto:healthydads@newcastle.edu.au)

or call The University of Newcastle team on (02) 4913 8759 if you have any questions.

*There is no cost to families who participate in the 'Healthy Dads, Healthy Kids' program.*

