

4 May 2010

SCHOOL CHILDREN GET SET FOR AN ACTIVE SUMMER



St Mary's & St Michael's School start their fitness test at Beau Sejour

Once again Praxis will donate trophies to each school, to be awarded to the child that shows the most commitment to the initiative.

Last year, students noticed an average improvement in their fitness levels of 65%. It is hoped that the 500 plus school children taking part in the programme this year will see similar results.

'The Stepping Out scheme is a great idea. It's good fun for the children whilst also playing a valuable role in educating them about healthy living' said Miss Loveridge of St Mary's and St Michael's School.

CHILDREN from thirteen of the Island's junior schools will once again be challenged to get fit this summer term as part of the Stepping Out scheme.

Sponsored by the Praxis Group, the initiative is organised by the Culture & Leisure Department and the Guernsey Sports Commission and is now in its fourth year.

Beginning this month, each child will take a 'bleep' running test to determine their initial fitness level. They will then have eight weeks to get active before being assessed again in June.

During this time, the children will each be given Praxis pedometers to count the number of steps they take. They will also be supported in their efforts with special exercise classes organised by staff from Beau Sejour.

Elaine Purdy, senior marketing manager at Praxis said, 'We understand that it's crucial to learn the importance of maintaining a healthy lifestyle from a young age and the Stepping Out scheme aims to do just that by motivating the children to be more active.'

Participants will be encouraged to keep a log of daily physical activity to help record their progress throughout the programme.