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SCHOOLS AND FINANCE STAFF SIGN UP TO STEP OUT



Praxis staff prepare to step out

A GROUP of finance workers will join more than 650 year five primary school children when they step out to fitness this summer.

Sponsored by the Praxis Group as part of its 25th anniversary celebrations, the “Stepping Out” challenge designed and organised by the Culture & Leisure Department will commence in May.

Paying more than lip service to the sponsorship, 30 members of Praxis staff will join pupils from 16 of the island’s primary schools to take part in the initiative.

The aim of the six-week Stepping Out scheme is to increase levels of physical activity and promote healthy lifestyle choices. Each child, and adult, is bleep tested at Beau Sejour to determine their initial fitness levels.

They are then given a Praxis pedometer to count the number of steps they take and invited to attend special exercise classes put on for them by Beau Sejour and Guernsey Sports Commission staff, before they are then bleep tested again six weeks later.

Children, and the Praxis staff, are encouraged to increase their level of daily physical activity at home, school and work by

keeping a daily log.

Initial bleep tests for the primary school children will take place at the end of May, whereas the members of staff from Praxis will undergo the initial fitness tests on 30 April.

‘Children’s health and fitness is an important part of Beau Sejour’s strategy which is why we set up the Stepping Out programme last year,’ said Helen Mahoney, activities manager for Culture and Leisure. ‘Physical activity is essential for their good health and walking, particularly if brisk, is one of the best forms of exercise there is. It’s also great to see the adults getting involved too’.

Last year more than 50 year five pupils at La Houquette Primary School took part in the scheme, and some of the children improved their fitness levels by up to 60%.

‘We sponsored La Houquette’s involvement in Stepping Out last year and it was such a success that we were very keen to open up this opportunity to all year five pupils on the island,’ said Simon Thornton, managing director of the Praxis Group.

‘Supporting this initiative complements our overall approach to healthy living. The members of staff who have signed up to take part are all enthusiastic about starting the programme and improving their fitness.’