

Promoting healthy lifestyle

Responding to the growing concern about Canadian children's inactivity and obesity, Summitview Public School has launched an innovative, month-long fitness event and fundraiser.

The initiative is designed to help students improve their overall health and fitness levels, and children are being encouraged to increase their activity levels and to participate in a 'Step-a-thon' to raise money for the school.

"Summitview's fitness event is a great way to show kids that fitness can be fun and to support the school at the same time," said Tiffany Moffatt, fitness instructor and event

organizer. "What better way to fundraise than through an activity that gets the kids moving and promotes healthy living?" Armed with a sheet of ideas called physical activity bingo, kids are being encouraged to get more active by walking to school, doing 30 minutes of activity instead of watching T.V., doing stretches and push-ups, and making nutritious food choices.

By completing the activity sheet, children are eligible for prizes at the end of the month. Summitview is also holding a 'Step-a-thon' during the last week of March, when experienced fitness instructors will lead a step

class for which all students are being encouraged to raise pledges.

Health Canada reports that over half of Canada's youth are not active enough for healthy growth and development, with only 38 per cent of girls and 48 per cent of boys getting enough physical activity. Additional evidence suggests that a lack of physical activity is dangerous to their health and can be a major contributor to weight gain and obesity.

Through its month-long fitness event and fundraiser, Summitview is working to tackle this serious problem by finding new ways to get its children and youth moving.



Taking care of our turtles: this sign was spotted on a mailbox north of town by *Stouffville this Month* reporter Nancy Hopkins.

Popular author guest speaker

Are you a mother of young children, struggling with all the stresses and competing demands that family life brings in this day and age?

On April 21 at 7 p.m., Christ Church Anglican invites women in the community to an informative and entertaining evening with guest speaker Sheila Wray Gregoire, author of *To Love, Honour and Vacuum*. Ms. Gregoire will offer suggestions on how to reorganize and prioritize to make life easier, providing a welcome antidote for those who feel more like a maid than a wife and mother.

The author writes a regular column for *Parent Life* magazine.

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submitted by Pat Montgomery
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