



Sunday Canberra Times

Sunday 3/08/2008

Page: 14
Section: General News
Region: Canberra, AU
Circulation: 34674
Type: Capital City Daily
Size: 80.80 sq.cms.

All play and no work makes students lift fitness levels

By JENNA HAND

STUDENTS at Narrabundah Primary School dramatically improved their fitness after just seven weeks of "huffing and puffing" in the playground, Robert de Castella said yesterday.

The former Olympian and founder of SmartStart for Kids, which runs health and fitness programs in schools, said the key to success was making sure kids enjoyed

themselves.

"We use all sorts of different things: big parachutes and bean bags and balls and bats," he said.

"Anything that gets the kids running and jumping and huffing and puffing without them realising they're doing a fitness session. We just want them to have a lot of fun."

During the seven-week program, 20 out of 30 children increased their cardio-

vascular fitness. Thirteen children decreased their body fat.

Narrabundah Primary School principal Daniel Zobel thanked the Capital Region Farmers Market and the Rotary Club of Hall for funding the program through an \$8760 donation.

"It's a small school and it's always hard to find money for additional programs," he said.