

Example Text: Editorial

Good On You!

Fun and fitness do go together if you ask any of the students at Jogga Mile Public School. All 256 students turned out last week for the 'Fit Kids R Happy Kids' fund raising event.

Many of us complain about our busy lives. There is not enough time to exercise. There is not enough time to eat good, fresh food – we grab a quick snack instead. That is why nearly 40% of our young children are overweight, and nearly 60% of their parents are too. Jogga Mile Public School is doing something about that.

To see the happy, energetic faces of the students running around the local parks proves that keeping active and fit can indeed be fun and not just hard work. Of course, hats off to the teachers who, instead of standing on the sidelines, joined in with the kids and ran too! You don't see that every day!

Mr. S. Neeker, the principal, said, "It's great to see all the students so happy to get out into the fresh air. It helps them clear their minds. We were also lucky that the local fruit market helped us by giving all students who joined in a piece of fresh fruit at the finish line. It was a real community effort."

Mr. Neeker is right. Healthy eating and fitness are very important for our young boys and girls. If they can do it, so can their parents. We might just end up lowering our obesity rates and living better for longer. Perhaps next year, other local schools might join with Jogga Mile Public School and the message can spread.

