

Health & Fitness Run

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Our Target

Providing
activities/knowledge
relevant to young
people aged 12-17

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Our group is specifically focusing on improving young people's knowledge of physical activity and nutrition through providing them with an activity to improve their bone and muscle strength, fitness and knowledge of nutrition. Our event targets young people aged 12-17 and their involvement in physical activity and also knowledge on living a healthy lifestyle.

Discuss how your event meets this target

Our event meets this target as our session provides young people aged 12-17 with activities to get them participating in physical activity, involving a 5km run with exercise stations along the way, targeting muscular strength. Through this they are able to improve their fitness and bone and muscle strength. As part of our session, participants will also collect cards containing knowledge of nutrition, therefore meeting the target of providing knowledge to young people.

Health and Fitness Run

Why have you chosen this event?

We have chosen our event as it provides participants with a chance to improve their fitness, bone and muscle strength and knowledge all in one activity. Participants can do this with their friends too, making it social as well. Overall, our event includes a range of opportunities to improve their health, fitness and knowledge and is relevant to young people aged 12-17.

How does it meet community needs?

This circuit will meet the community needs, as it allows people to come together to exercise and acquire necessary knowledge they would not have known before. It gives the community a chance to improve their health and fitness, which can lower obesity rates in the future and it can establish healthy habits in the community. There is a set time for this event, so people in the community can schedule ahead and make sure they participate.

Why is your event relevant to young people?

This event is very relevant to young people as it motivates them to improve their fitness, muscle and bone strength and increase their knowledge of nutrition, whilst also providing participants with the opportunity to socialise with friends or meet new people and be physically active. Our event is realistic and achievable, whilst also making it challenging for all participants. According to the guidelines, young people must engage in 60 minutes of moderate to vigorous physical activity daily and bone and muscle strength activities 3 times a week. It is crucial that young people develop the skills in these areas to meet the guidelines. Our event meets the guidelines regarding these areas and hopefully the skills they gain, motivate young people to consistently meet the guidelines in the future. The obtained skills are achievable at home, allowing participants to develop healthy habits. Our event gives young people the chance to achieve both of these goals in one session, and also provides nutritional information which can encourage young people to eat a healthy diet.

Session outline

It should take 60 minutes to complete the 5km run with fitness stations every 1 km. At each station we will have an activity to improve fitness, muscle and bone strength. Also participants will collect a card containing information nutrition after completing the activity to provide information, and to prove they have completed the activity. At each circuit there will be someone there to help each person or group get through the activity/circuit correctly with the right techniques. They will also distribute cards when they are finished. People will put these in their pockets and continue running. The area required for practicality is the track around the lake. Fitness is improved through the 1 km runs between each station. Strength and conditioning is improved through the circuits which have been crafted to be suited for young people. Knowledge of nutrition is improved through the cards.

Session Outline

Costs:

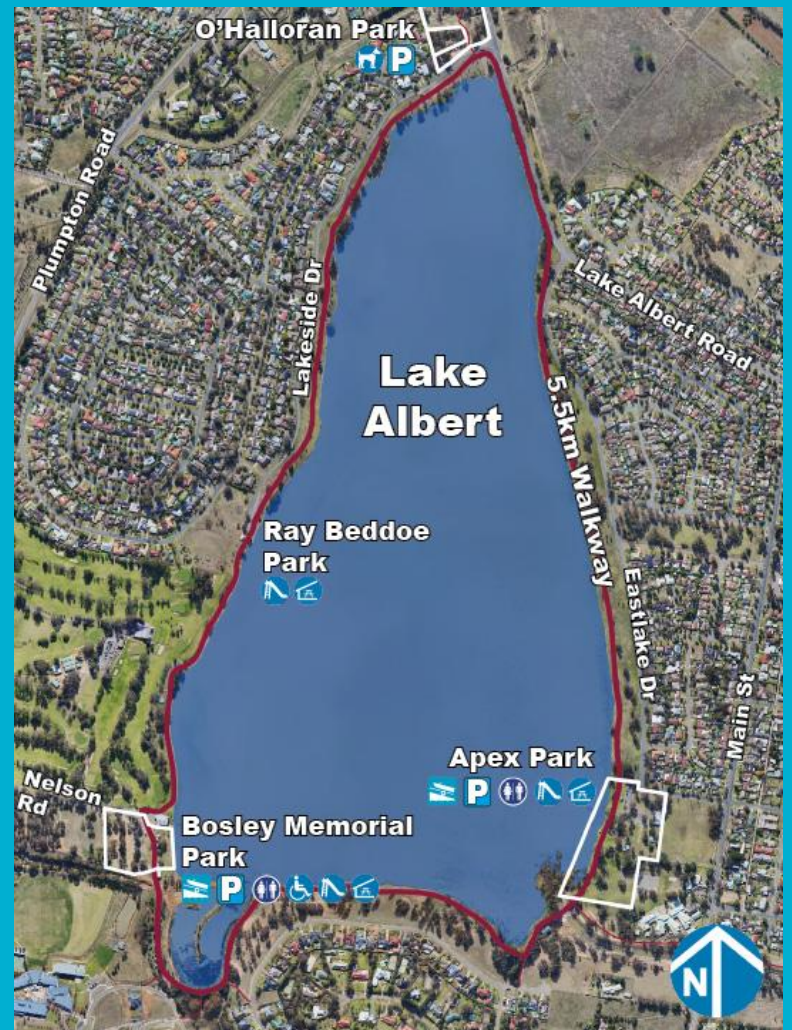
There will be a \$5 entry fee for participants to go towards a chosen charity by the winner of the session.

Requirements of participants:

Participants will be required to bring a water bottle and wear activewear.

Location:

The session is located at the Lake. Our start will be at the boat club, as it is close to school and easily accessible for students. The finish line will be at the end of the forest, closest to MDCC. This way participants will be running the 5km and finish in the shade.



Every 1km of the run, there will be a fitness station, in which participants will be required to complete an activity. People can go at their own pace, as long as it is completed. At the station people will also collect a card containing nutritional information. This provides knowledge and also shows they have completed this station.



Station 1: 10 burpees

Station 1 - Nutrition Information Card





Station 2: 20 pushups

Station 2 - Nutrition Information Card

Carbs aren't particularly bad for you.

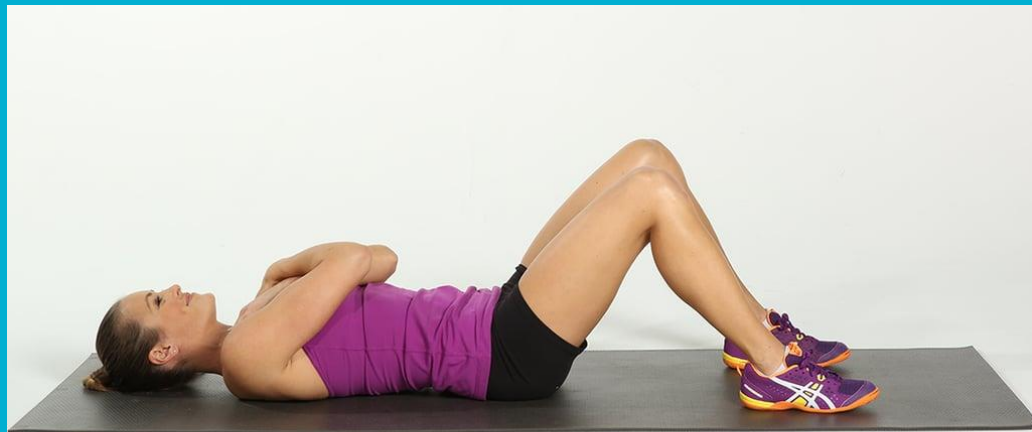
Information you hear about carbohydrates is confusing. What matters when it comes to carbohydrates is what kind you are choosing. The best sources of carbs that will give you the most energy are the unprocessed whole grains, fruits and vegetables. Highly processed foods like white bread and pastries are unhealthy sources of carbs that lead to weight gain and increased risk of serious health problems.



Station 3: 30 squats

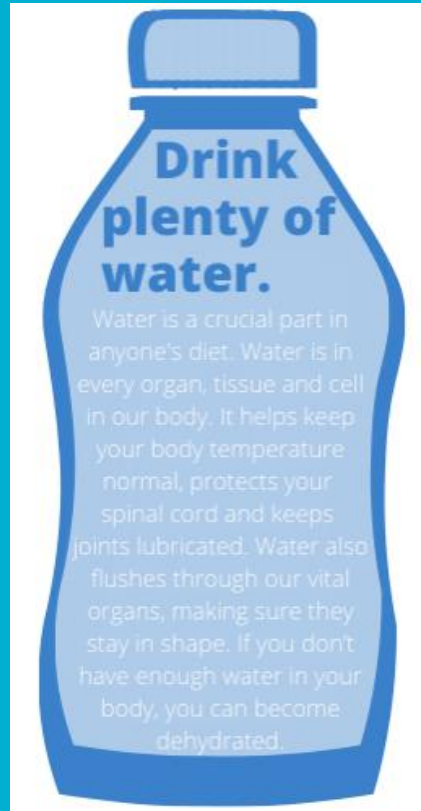
Station 3 - Nutrition Information Card





Station 4: 40 sit ups

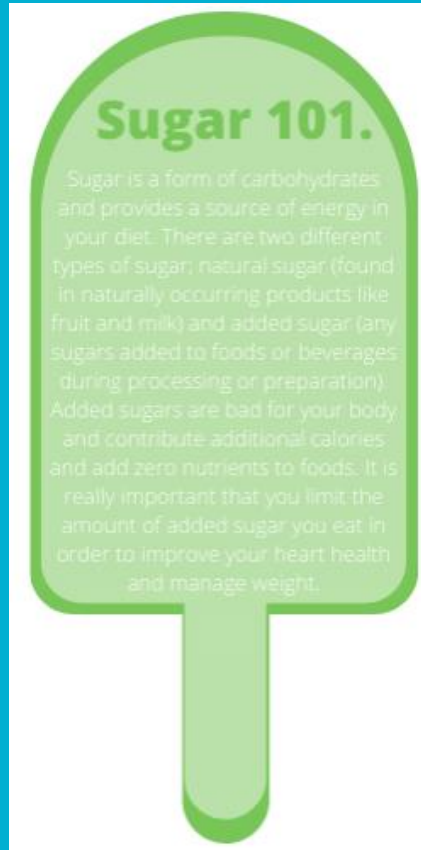
Station 4 - Nutrition Information Card





Station 5: 50 second plank

Station 5 - Nutrition Information Card



Quiz

At the end of the health and fitness run, participants will be given a small quiz to assess the effectiveness of the knowledge they are gaining. The quiz consists of 10 questions and will test the knowledge they have gained to ensure they have learnt something and taken in the new information.

Example of Quiz:

Link to quiz :

<https://docs.google.com/document/d/18gzCmO-drXY8idTUu8tlkHd5tjhuEAoRZ4REOD3RMF8/edit>

Link to answers for quiz:

<https://docs.google.com/document/d/1cnaOmuqYIUL541dPZBpnsnJTeFxp-dkFAId92wE1Ytk/edit>