

# It's National Fitness Day!

*Why not inspire your children to get active with an Athlete visit?*

80% of children don't do enough physical activity

Exercise helps children develop empathy and leadership skills

Exercise sharpens memory, so actually helps you learn more!

Exercise improves brain performance



## What does the event involve?

The whole school will take part in a *fun fitness circuit* led by the athlete and a sportivater. The fitness circuit usually lasts 1 to 1½ hours, which is followed by a 30 minute inspirational assembly.

The athletes don't just talk about competing; they explain the challenges they have faced, and deliver highly motivating messages about *grit*, **determination**, and **resilience**.

## How much does it cost?

The school will **never be left out of pocket**. We ask the children to collect sponsorship for taking part in the event with the athlete. From the grand total of the money raised, we deduct a participation fee from every child who takes part on the day which goes towards covering some of the costs of running the scheme.

The rest of the money is split as follows:

- **60%** - Your school – in the form of a voucher for developing sports at your school
- **40%** - Sports for Schools – this helps to fund the athletes we work with

If you have any other questions or would like to book one of our **remaining dates**, just give **Jordan, Sophie, or Henrietta** a call on **01223 792200**