

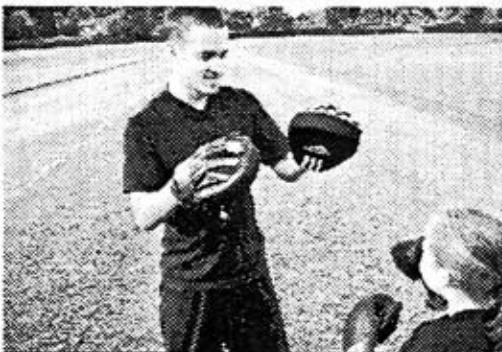
# Horsforth kids get health kick

by Aban Quaynor

**AN INITIATIVE** aimed at reducing obesity among Horsforth children has already been a big success, despite still having two days to go.

Over 3000 pupils from all the schools in the town were involved in events throughout this week as part of Horsforth Healthy Living Week 2009.

Event organiser Tessa Irwin said: "The whole week is about promoting a healthy lifestyle. We have quite a lot of overweight children in our area and we wanted to do something to help reduce it. It has been an event for the whole community."



**FIGHTING FIT:** Youngsters get stuck in.

Events so far have seen children across the region take part in a range of events including raft building, Mexican cooking, a mini Olympics and a kiddyboppers disco.

The wide scope of the events is what has made the whole week such a success, according to Will Rider, whose company Active Learning, supplied the coaches for the various events.

"With the ever increasing obesity rates and the decreasing amounts of activities children are doing in schools, a whole week like this is really important. The aim is to get children involved in exercise and show them how fun it can be," he said.

It is also hoped that the initiative can have a long lasting effect on the community, with a change in exercise patterns amongst youngsters leading to a reduction in obesity levels.

"I know that Horsforth has a high obesity rate amongst children and it does take time to turn it around. But with such activities that the coordinators and the schools work towards we can hopefully start to turn things around and make a real difference," added Mr Rider.

Today's highlights include kayaking at Leeds Sailing & Activity Centre at 4.40pm, while tomorrow will see Leeds Trinity & All Saints host a cooking for parents and children course from 10am.