Fitness to new level

By GEORGIA WESTGARTH

A ST JAMES Nar Nar Goon Primary School student's vow to shave his head for the Starlight Foundation has inspired a local personal trainer to turn the solo fund-raiser into a whole school fitness event.

Owner of Studioz Personal Training in Pakenham, Robb Evans, said after listening to the young boy at the school assembly he decided he could help make a difference with Push ups for Charity, something he has been running for four years.

"We have raised more than $9000 for children suffering from serious medical illnesses," Mr Evans said.

This is the first time St James Primary School has been involved in the fitness fund-raiser.

"It’s a great way to get kids involved in their fitness, the last school that participated completed more than 8000 push ups in 90 seconds and more than 100 children were doing push ups simultaneously," Mr Evans said.

St James Primary School principal Andy McDermott said it was a great initiative from the Grade 6 student who had cousins that had benefitted from the foundation.

"He organised two small events, a day of silence where he didn’t speak all day and the shave, students donated and those that wanted a go at shaving his hair off donated $5 each," Mr McDermott said.

"The event has taken off on its own and exceeded expectations," he said.

The entire sum of money raised will go towards the Starlight Foundation, and each student requires sponsorship for each push up they do.

"The children get a huge buzz out of raising money for a good cause and just love the fun and competition of seeing if they can do more push ups than their mates and teachers," Mr Evans said.

All sponsors for the event will receive a free Studioz personal training 12-week body transformation program valued at $147.

"Not only can the sponsors get kick started with their own fitness, they’ll be helping out sick children who could do with some starlight in their lives," Mr Evans said.