



MACQUARIE COLLEGE



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RUN FOR FUN: Parkrun is growing in popularity.

Park event that runs all across globe

By CARL GEARING

NEWY parkrun is a free five-kilometre run, jog or walk in the area surrounding Throsby Creek near Carrington.

The parkrun takes place every Saturday at 8am and is open to anyone who wants to register and join in.

The parkrun concept is an international phenomenon. It was founded by Paul Sinton-Hewitt in 2004 in Bushy Park in London and the run grew from a small local run with 13 runners, into a small collection of events called the UK Time Trials.

It then ultimately became parkrun with thousands of runners all over the world.

Events now take place weekly in the United Kingdom, Denmark, Australia, South Africa, Poland, New Zealand, the United States and Ireland.

The run is solely for personal enjoyment and benefit and individuals can follow the course at their own pace.

Competitors can aim to beat their own best time using the online results page that is posted to the Newy parkrun website each week.

To add to the enjoyment, parkrun events take place at locations that have pleasant outdoor parkland or water surroundings.

The event is run each week by a team of volunteers and it is a great opportunity to enjoy the outdoors, get fit and make new friends.

Staying healthy and fit

By SARAH OTTON

THERE are many ways to exercise, including sports such as soccer, netball, cricket or hockey, as well as individual sports like swimming, yoga, running or walking.

Exercise can be quick and easy for those with busy schedules, by doing simple things such as taking the stairs instead of an elevator, riding a bike to work or walking around the office, although, it is better to have a regular exercise regime so that it becomes a normal part of life.

Things like going for a jog around the block, lifting weights or riding a bike are simple ways to exercise, though some prefer to take it one step further and go to the gym.

But sometimes it just seems a little hard.

Experts tell us that the risk of many health problems such as strokes, diabetes, high blood pressure and obesity are due to a lack of regular exercise.

Obesity, as the leading cause of premature death in Australia, has taken over from smoking, and according to the Australian Bureau of Statistics, more than 14 million Australians are overweight.

Some of the main reasons for this are unhealthy eating habits and new technology resulting in a reduction in activity and lack of exercise.

IMPORTANT: Aim to be fit for life, like netball coach Renee.

Picture: Sarah Otton



Anneli Rufus, an accredited author on the website, The Daily Beast, said: "Depressed people can alleviate their symptoms by as much as 47 per cent with regular aerobic exercise. There are three times the amount of college graduates compared with high school dropouts who exercise regularly."

Nova Netball club coach, and hard-working mother of four Renee shared her thoughts on exercise. "Exercise is very important for the younger generations because it sets them up for a healthy lifestyle in the future."

"Some forms of exercise can be quite fun and lots of people can be

involved, like netball or soccer.

"Playing around outside for 10 minutes or playing with a pet or sibling can be beneficial to a child's health."

To keep fit, she is in a netball team, "and I coach two other teams, both of which I get very involved with. I also eat healthy meals."



NO DOZE: Lack of sleep can affect a student's performance at school.

Kids are not getting enough sleep

By NOAH DAVIES

RECENT studies have shown that the sleep that Australian teens are getting is decreasing. In the last decade the average sleep per night for teenagers has gone from 8.7 hours, to 7.4 hours.

Teens need at least eight to 10 hours a night, because of hormones, after-school and social activities, technology, light exposure and sleep disorders. Technology and light exposure are the two biggest factors. Studies have shown that the light from TV screens, mobile phones and computers can prevent

adequate production of melatonin – a brain chemical responsible for sleep.

PDHPE teacher Alison Davies has studied this for 23 years.

"You heal, you grow and you re-energise when you sleep. Without it you don't function at your best and you have lowered immunity, reduced energy, slower responses and you're mentally dulled."

"Teens need more sleep than adults because they are at a rapid growth and development stage. The high demands of a teen lifestyle require the brain to be alert and the body to be at its best."

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