

Example of a Fit for Girls Programme

'Healthier Lifestyle for Meldrum Academy Girls'

Girls at Meldrum Academy have been getting healthier recently by taking part in a new 'Fit for Girls' initiative.

The initiative aims to encourage girls between the ages of 11 and 16 into a more active and healthy lifestyle by increasing their participation in extra-curricular sport and physical activity.

An all girls' extra curricular multi-sport club was established at Meldrum offering a range of different activities. The club was designed so the activities would change regularly and that several activities are offered at the same time.

Over 10 different activities have been offered through the club including hip-hop dance, cheerleading, aerobics classes, spinning and girls' only swimming.

Andrew Sutherland, former Head Teacher at Meldrum Academy, said: "The girls club focuses on girls who would not otherwise participate in exercise by giving them opportunities to try out a range of sporting and healthy activities not normally on offer. The club is providing increasingly popular and is already making a difference to the health of those girls involved."

The main girls' club attracts between 30 and 50 girls each week, and is helping to increase physical activity levels and an understanding of health and exercise.

The activity at Meldrum Academy is part of the pilot scheme for 'Fit for Girls' (FfG), a national drive that will be led by sportscotland and backed by Government investment of almost £530,000.

If you would like any further details please contact Gary Cameron, Active Schools Coordinator by emailing gary.cameron@aberdeenshire.gov.uk