

[News](#) [Local News](#) [News](#) [General](#) [Kids switch to physical activity](#)

Kids switch to physical activity

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Thomson Ho knows how attached kids can get to their TV, computer games and all the latest technologies.

Because he went through it.

"My generation grew up with technology," he said. "I could watch TV and be on the computer for hours and not worry about a thing."

The year 11 student at Cabramatta High School, who lives in Liverpool, is running an educational program for year 6 students about healthy eating, exercise and nutrition.

He said students from Cabramatta West Public School would be invited to the high school for one day next term to participate.

"I'll be doing a Powerpoint presentation on why it's important to be healthy. In the second half I'll take them outside and do interactive sports with them, as well as individual physical activity — things they can do when they're by themselves."

He said the program taught pupils about social skills, as well as the importance of physical activity.

It wasn't until Thompson started high school he realised his own health problems. "I started doing physical activity and limited my time in front of the television and computer. I did a lot of physical activity like basketball and running and I started eating right."

"It's a growing problem in our society that needs to be addressed. Lots of kids these days have a television, iPod or phone and it's hard to take it away from them. They have to make the decision to not spend all their time on it."

He said spending one or two hours a day with these technologies was reasonable.

He came up with the education project while participating in the St Johns Park Bowling Club Max Potential Program.

Ten students from Liverpool and Fairfield were paired with a community or business mentor who worked with them on leadership and supported them in a project to create change in their community.



Out! Thomson Ho will teach youngsters how to be healthy. Picture: Simon Bennett

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