

## **LAURENHILL ACADEMY LAUNCHES NEW FITNESS CENTRE**

SAINT-LAURENT, QC. January 21, 2013 – LaurenHill Academy, Quebec’s top-rated public high school, is helping to put students on the path to physical well-being with the official inauguration a new fitness centre.

“Physical education at LaurenHill Academy is important,” says gym teacher Argyrios Fotis. The St. Laurent school has several excellent physical education initiatives in place to help get the students’ bodies moving. This month LHA will be inaugurating their new Fitness Centre.

Located at the senior campus on Cote Vertu Blvd, the fitness room was developed through community, as well as administrative, support. Equipment has been donated by the likes of le Club d’Aviron de Laval, the Pointe Claire Canoe Club, Power Flex and the Mansfield Athletic Club, and some has been purchased through teacher donations, and the assistance of the Home & School Association. The centre currently sees up to 220 students a day. Staff members are also free to pop in for a workout anytime they like.

The benefits of daily fitness are well-known. But Quebec’s physical education requirements are sorely lacking. Students are only required to get physical education 2 days out of a 9 day cycle. Some Physical Education teachers complain that they don’t see students often enough to even learn their names.

The fitness room “has surpassed my expectations,” says Fotis” “We are very proud that as a public high school we are one of the few that has a facility like this to offer the students.” The physical education staff wants to encourage participation, and make physical health a life-skill. Having the fitness facility on campus increases the number of physically active students and the amount of time they spend being active.

**What:** The inauguration of LaurenHill Academy’s new fitness facility

**When:** Tuesday, February 12, 2013 2:00 pm

**Where:** LaurenHill Academy Senior Campus, 2505 Cote Vertu, St. Laurent, Qc, H4R 1P3

RSVP:

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