



**Monday 15<sup>th</sup> September**

**Media Release**

## **So You Think You Can Dance with asthma? – yes you can!**

Perth's own top ten '**So You Think You Can Dance**' finalist Jemma Armstrong, will join forces with the Asthma Foundation during the October school holidays to promote healthy living and to highlight asthma at the Triple "E" kids program.

The bi-annual Triple 'E' Asthma Challenge will be held on 2<sup>nd</sup> and 3<sup>rd</sup> of October at Aranmore Catholic College in Leederville. The program is geared toward motivating children aged between 7-12 years to increase their physical activity, understand Asthma First Aid and to better self-manage their asthma if they have the disease.

Triple 'E' Project Co-ordinator Jo Petersen says, "It is a myth that children with asthma should avoid exercise and the Foundation is ecstatic about having dancing star, Jemma along to encourage the children to take up a sport and promote physical activity".

Triple 'E' combines Entertainment, Exercise and asthma Education in a fun and friendly environment. Participants will be involved in a variety of sport and activities including a dance workshop with Jemma as well as teeball, tennis, netball, touch football and taekwondo. There will also be fun with cooking and 'mad science'.

One in six children under the age of 15 is living with asthma. Mrs Petersen says "Over the two days children will build friendships and the children who do not have asthma will gain a better understanding of living with asthma, as well as dealing with an asthma first-aid situation".

The children will be involved in education sessions about asthma issues such as symptoms, exercise induced asthma and medications. "We find that many Triple E participants end up taking more control of their own asthma, rather than depending on their parents for everything" said Mrs Petersen.

The Triple 'E' Asthma Challenge is open to all children aged between 7-12 years and costs \$50 for the two days, with discounts available for family bookings. For more information and or to make a booking please call Nyree at the Asthma Foundation on 9289 3643 or visit the website at [www.asthmawa.org.au/kids\\_business.php](http://www.asthmawa.org.au/kids_business.php).

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*...Helping People Breathe Better...*

Please find attached photograph of Jemma Armstrong – Perth's So You Think You Can Dance finalist.

Media are welcome to come on the day to take photos of the activities. Please contact Jo Petersen, Project Coordinator on 9289 3645 to schedule times.