



MEDIA RELEASE

Monday 19th March 2008

FREMANTLE GET BUSY WITH ASTHMA EDUCATION FOR KIDS!

One in six children under the age of 15 is living with asthma and the Asthma Foundation will team up with the Fremantle Football Club these school holidays to promote healthy living and tackle this serious disease.

The bi-annual Triple 'E' Asthma Challenge will be held on 14th and 15th April at the Fremantle Football Club and is geared toward motivating children aged between 7-12 years to increase their physical activity, remember 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 as it is an important factor in maintaining lung fitness and managing asthma effectively".

Triple 'E' combines Entertainment, Exercise and asthma Education in a fun and friendly environment.

"The Foundation is delighted and very grateful to have the Fremantle Football Club on board and joining the Triple 'E' team to encourage all children to take up a sport" said Mrs Petersen.

Participants will be involved in a variety of sport and activities including a very special football clinic with the Fremantle players, pool-based activities and having games in 'summo' suits.

"Over the two days children will build friendships and the children who do not have asthma will have a better understanding of living with asthma as well as dealing with a first-aid situation", she said.

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

The Triple 'E' Asthma Challenge is open to all children between 7-12 years and costs \$50 for the two days, with discounts available for families. 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.

-ends-



**The Asthma Foundation
of Western Australia Inc**

36 Ord Street West Perth WA 6005
PO Box 864 West Perth WA 6872
ABN 57 057 873 242

T: (08) 9289 3600 F: (08) 9289 3601
ask@asthmawa.org.au
www.asthmawa.org.au

...Helping People Breathe Better...

Attached are two photographs that were taken on previous Triple 'E' programs.

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.