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## Kids told to step up fight against obesity

By Bridget Brennan

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**Former Olympians Cathy Freeman and Herb Elliott have launched a program to tackle obesity in Australian children.**

The Global Children's Challenge will give 50,000 primary school children a pedometer and allow them to track their progress on a website.

Freeman says it will encourage kids to walk 15,000 steps a day.

"A quarter of our kids here in Australia are obese and overweight and that's really frightening," she said.

"The children are our future and they're the leaders of tomorrow, so it's important to make sure they're leading the lives that ensure they get the best out of themselves.

"And measuring 15,000 steps a day is a wonderful way of doing that."

Elliott says kids are not as active as they were when he was growing up.

"We teach our kids a sedentary lifestyle and it's very easy for them because they've got computers and televisions sets," he said.

"If we keep going like that we'll have the unhealthiest kids in the world."

The program will run for 50 days from September and will enable Australian children to interact online with others from around the world.

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