



**ALL SAINTS'  
COLLEGE**

Tuesday, 31 October 2017, The Cockburn Gazette, page 6,  
Hannah Rennick (Year 7)

ATWELL

# Heart put into marathon month



Hannah Rennick on the track showing how it's done. National guidelines for enough exercise are 30 minutes five times a week.

ATWELL resident Hannah Rennick has stepped up to raise money for the Heart Foundation.

Rennick (12) has taken part in the foundation's My Marathon challenge, which encourages people of all fitness levels to run or walk the equivalent of a marathon, 42.2km, in their own time over the month.

She said a few of her friends' family members had been affected by heart issues and she felt raising money for research into heart disease would be a small thing she could do to support them.

Rennick has raised \$492, more than \$30 over her initial goal, as well as having finished the 42.2km challenge with eight days left.

Rennick said she has always been active, having done gymnastics from about three years old and moving into athletics at eight.

"I love running, it makes me feel good about myself," she said. "Being able to doing something I love and have it potentially save someone's life just feels really good."

According to research from the Heart Foundation, up to 3.6 million Australians are not doing any exercise at all.

Findings published in the Heart Foundation's *National Physical Activity Plan* report said only 20 per cent of adults meet the national guidelines for enough exercise and only 7 per cent of children get the recommended one hour a day of exercise, meaning 600 000 children are inactive.