

the SunWalk[®] bristol 2008

CELEBRITY CHEF GETS PUDDLE DUCK'S 'FIT, HEALTHY AND FUN' CAMPAIGN COOKING

Celebrity chef Matt Tebbutt of Market Kitchen, UKTV Food and Castle in the Country fame paid a special visit to Puddle Ducks nursery in Raglan to help support the nursery's 'fit, healthy and fun' campaign.

In support of breast cancer charity Walk the Walk's Power Walking challenge, The SunWalk, the campaign educates children on the importance of being fit and healthy, by promoting healthy eating in the nursery and keeping fit and active outside it.

As part of the campaign, Puddle Ducks Nursery set SunWalk challenges throughout the year and during his visit, Matt helped the children with one of these: making healthy sunflower biscuits. He also judged the smoothie competition and talked about the importance of healthy eating.

However, the real challenge will take place in Bristol on Sunday 6th July, when a team from the Puddle Ducks Nursery takes part in The SunWalk Bristol. Organised by charity Walk the Walk, The SunWalk Bristol will see families and friends of all ages take on the challenge of a 5K, 10K or Half Marathon Power Walk, and whilst they are all getting fit and having fun, they will also be raising money for breast cancer causes. Last year, more than 2,500 people took part in the third SunWalk Bristol, raising almost £¼ million.

Puddle Ducks have been entering a team in to SunWalk Bristol for the past 4 years, and raised more than £2,500 last year for Walk the Walk. The 2008 team will be the largest Puddle Ducks team to date including parents, children and nursery staff.

Julia Rennie from Puddle Ducks said: "Our aim is to have the largest team ever entering SunWalk Bristol this year to help raise even more money for Walk the Walk and promote being fit and healthy in a fun and positive way.

Although raising money is really important to us, the main reason we encourage our parents and children to take part year after year is because it's simply a great day out for all the family. And we'd like to take this chance to invite any parents and children from the local area to sign up to The SunWalk Bristol and join our team to help make this the best SunWalk ever for Puddle Ducks and Walk the Walk."

Nina Barough, founder of charity Walk the Walk says "The SunWalk Bristol is all about getting fit, having fun and raising money. It's great to have the support of Julia and the team at Puddle Ducks again this year. At Walk the Walk, we're really keen to help promote Power Walking as part of a healthy lifestyle to both children and adults as we believe that apart from keeping you fit and full of beans, it's a vital part of prevention against any disease. The Puddle ducks are wonderful Walk the Walk supporters and we're thrilled that they not only support our Bristol challenge year after year, but also follow the ethos of Walk the Walk of keeping fit and healthy into their daily activities at the nursery too."

To take part in The SunWalk Bristol, please visit www.walkthewalk.org Enter online on the website, download an entry form or alternatively pick up at entry form from in store - please visit the website to find a list of stockists.

For more information on Puddle Ducks Nursery, contact Julia Rennie on 01291 690065 or visit www.puddleducks.net

-Ends-

Further information on SunWalk Bristol:

Melita Swan at Bray Leino Public Relations on 0117 9064521 or email m Swan@brayleino.co.uk

About The SunWalks:

- Entrants get a choice of distances; 5k, 10k of half marathon
- There are minimum age restrictions for The SunWalks:
 - Half marathon: minimum age of 13 years on challenge day
 - 10k: minimum age of six years on challenge day
 - 5k: no age restriction age 0 – 100yrs
- Applicants are asked to raise a minimum of £100. Applicants under the age of 13 are asked to raise what they can
- Entrance fees: Adults: £26 and children: £18 All participants receive a bra; cap; T-shirt; space blanket and a weather protector
- Children under the age of 13 do not receive a bra, but will receive a T-shirt with a 2008 winning design

About Walk the Walk

- Walk the Walk organises the The Playtex MoonWalk (17th May), The MoonWalk Edinburgh (14th June) and The SunWalk in Bristol (6th July) and Newcastle (7th September), as well as coordinating teams of women all over the world to Power Walk marathons in their bras
- To date the charity has raised in excess of £36 million for breast cancer causes. 2007 saw £8.3 million raised, a record for Walk the Walk
- HRH Prince Charles is the Official Patron of Walk the Walk Worldwide

About Power Walking

- Mile for mile Power Walkers walking at a minimum pace of 4 miles an hour use the same amount of energy as runners.
- Experts have been quoted as saying 'Walking is the nearest thing to the perfect form of exercise'
- Walking at least 45 minutes 4 times a week at pace, you could loose up to 18lbs in a year without changing your diet!