

# MEDIA RELEASE

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## **Come celebrate Move it – Boom! and attempt a Guinness World Record**

A fun and exciting event to be held in the grounds of Leicestershire County Cricket Club will celebrate the success of the Move it – Boom summer parks adventure.

The challenge was launched by Leicestershire Partnership NHS Trust (LPT) in partnership with Leicestershire County Cricket Club at the beginning of July, and encouraged children and families to have fun getting active through an interactive game and local parks featured on the health for kids website.

The Move it –Boom webpage attracted over 29,500 views over the course of the summer. Over 1600 pupils registered online to play the game and a total of 6156 activities were logged.

Now children are back at school and the numbers have been counted, we can announce the winners of the Move it-Boom competition are Tugby Church of England Primary School.

A selection of 30 pupils from the winning school will be chosen by their teacher to enjoy a VIP tour of Leicestershire County Cricket ground and take part in a fact finding session all about cricket with some of the clubs coaches and staff, during a celebration event on Saturday September 19, 2015.

The event will start at 10.15am with registration and refreshments. A tour of the ground at will start at 10.30am and an interactive session will follow at 11.30am. A short presentation will take place with the winners at 12.30pm, when Dr Peter Miller, Chief Executive of LPT will make a short speech and present the winning school with a trophy.

Dr Peter Miller, Chief Executive of Leicestershire Partnership NHS Trust, said; “Firstly we have been overwhelmed with the numbers of families who have got involved in the Move it-Boom parks adventure. So many youngsters have been out and about, getting active in their local parks and play areas. Tugby Church of

England Primary School should be extremely proud of their achievements, and I offer them my wholehearted congratulations.

“Getting active, running, cycling or playing a sport such as cricket or football can help to keep us healthy and well, so getting the whole family involved is a great way for the whole family to feel the benefits.”

Margaret Clarke, senior nurse and professional school nursing lead for LPT (Queens Nurse), said: “We are delighted with the success of the campaign and really excited that we get to celebrate with the winners at our celebration event.

Leicestershire and Rutland Cricket Chief Executive Wasim Khan MBE said: “It is fantastic that so many people signed up for the Move-it Boom! initiative and made it a success. We’re pleased to have been a part of it and look forward to welcoming everybody on September 19th for what will be a great day at Grace Road.”

The celebration event will be part of Leicestershire County Cricket Club’s end of summer season event, with under-19s matches taking place on the day. The whole day is free for the public to attend.

### **One last record attempt...**

Pupils and teachers, as well as their families from all local schools are now invited to take part in one last challenge; an attempt to break the Guinness World Record for the most number of star jumps completed in 60 seconds. However, it’s not as easy as it sounds. Attempts have to be filmed and meet a strict set of criteria to be accepted. The Guinness World Record officials have a very specific idea of what a star jump is, so we have filmed a demo to help explain <https://youtu.be/xUdbvMXdc9U>.

The current record is 77 full jumps in 60 seconds.

### **How can you help? We want to hear from you!**

We need you to get practicing, share this information with pupils, parents, carers and teachers in your school.

We want you to **contact us** if they want to have a go at breaking the record on the day, by contacting [liz.mattock@leicspart.nhs.uk](mailto:liz.mattock@leicspart.nhs.uk).

Follow us on twitter @LPTnhs use the #moveitboom and Facebook, [www.facebook.com/LPTnhs](http://www.facebook.com/LPTnhs).

If you have any questions, please contact Liz Mattock, Communications Manager, Families, Young People and Children Services on 07769286563 or email [liz.mattock@leicspart.nhs.uk](mailto:liz.mattock@leicspart.nhs.uk)

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## **NOTES TO EDITORS**

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £267 million and employs approximately 5,400 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk).

### **For further information contact:**

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