

Smoothie Bike Gets Local Kids Moving

South Gippsland Shire Council is lending its smoothie bike to five schools across the region to enjoy as part of Walk to School 2019.

The bike blender is powered by human legs with one smoothie requiring 300W of renewable energy to get students moving.

By adding healthy ingredients and a bit of human energy to the smoothie bike it is an answer to increasing health and wellbeing for kids in our local schools.

Each school is able to borrow the bike for a week to include in their Walk to School activities for a bit of fun. The bike will be making its way to South Gippsland Specialist School, St Laurence O'Toole Primary School, Tarwin Valley Primary School, Fish Creek and District Primary School and Leongatha Primary School.

South Gippsland Shire Council's Manager Planning David Simon was happy to provide Council's smoothie bike as part of this Walk to School season.

"Council's smoothie bike has always been a hit with students at past events - they have to work their hardest to enjoy a healthy smoothie! Sharing the bike for Walk to School is another way we can help encourage kids to get moving as part of an active lifestyle.

"Along with funding towards a healthy food purchase at their local independent supermarket the smoothie bike will help add a healthy food to Term Four," said Mr Simon.

PR2462 15/10/19