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CUT STRAIGHT TO YOUR NEWS

press clip



Josh, 15 (front) and Harrison, 15, make a stand with science teacher Lazaros Vassiliadis (right).  
Picture: MIKE KEATING

## STANDING UP FOR THEIR HEALTH

MELBOURNE students are taking a stand against childhood obesity.

Boys at Christian Brothers' College in St Kilda have ditched their chairs, opting instead to do their sums standing.

The addition of adjustable desks to the

classroom is part of an Australian-first trial to encourage students to move.

It comes after health experts labelled sitting "the new smoking" and studies found 22 minutes were shaved off a person's life for every hour spent sitting in front of a screen.

The jury's still out on whether the desks could improve classroom behaviour but educators hope it helps teens stay alert.

CBC Principal Gerald Bain-King expects standing could help his year 10s avoid back pain and may encourage "active learning".