



The Play Providers Association

# Exercising right to have fun

## MP visits play scheme

FOLKESTONE and Hythe MP Michael Howard visited a children's centre this week.

The Play Providers Association launched the Play4Life campaign as part of the government's scheme to tackle childhood obesity and improve the nation's fitness levels last month.

Kidz Planet, located in Caesar's Place in Folkestone, arranged the trip to demonstrate the benefits of indoor play for youngsters.

The group uses the Exercise in Disguise scheme to provide double the government's recommended daily allowance for children without them knowing about it.

The former conservative

party leader spent an hour visiting the site on Friday October 9.

Clare, 37, and 40-year-old Nigel Tyler founded Kidz Planet six years ago. The group allows children aged up to 11 to enjoy the indoor facilities, including spiral slides.

Clare said: "It was really good of Mr Howard to come and see what we have been doing here and I think he was impressed."

"The Exercise in Disguise idea is fantastic because kids are getting the work out they need while having fun at the same time. That is what we are all about - the kids have a great time whilst keeping healthy."

## Exercise is child's play as MP pays a visit



Youngsters from Kidz Planet with MP Michael Howard and Kidz Planet co-founder Claire Tyler

THE importance of exercise through play was stressed to MP Michael Howard when he visited a children's play centre in Folkestone.

The Folkestone & Hythe MP called in at Kidz Planet in Caesar's Way to hear about Play4Life.

Nigel and Claire Tyler who set up Kidz Planet six years ago, are backing the Play Providers Association campaign, which is part of the Government's Changed4Life initiative.

Mrs Tyler said: "We are trying to get the message across that through play, children can exercise without realising it."

The centre has sections for different age groups up to 11. It is open from 9am to 6pm Monday to Saturday and 10am to 6pm Sundays.

For more details phone 01303 277773.



Visit: MP Michael Howard made the trip last week

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Local coverage of Michael Howard's visit to Kidz Planet (9th October 2009)