

Broadcast of the first episode of video series 15' avec Paula

British athlete **Paula Radcliffe** and the **Princess Charlene of Monaco Foundation**, with the support of the **Direction de l'Éducation Nationale, de la Jeunesse et des Sports (DENJS)**, are launching a new video series entitled « **15 minutes avec Paula** ».



Its first episode will be aired on **Monaco Info on Thursday, March 18 at 7:30 p.m.**, and will then be available on YouTube and online via the various digital platforms of the Princess Charlene of Monaco Foundation.

This series is created in continuity of the "Two-15 Challenge", a challenge set up by the Foundation for the February school holidays and intended to motivate schoolchildren in Monaco to do more sports with their family, at home or outdoors (*15 minutes* of physical activity per day during the 2 weeks of holidays).



The "**15' avec Paula**" series will show exercises for families and people wishing to practice a regular sports activity, with a minimum of accessories.

Each session will be hosted by Paula Radcliffe and will feature a different athlete for a fun and interactive training session, where each athlete will bring new specificities related to his or her sport.

Viewers will be able to take inspiration from these sessions, adapt them in their own way and continue to share their favorite ideas on social media, always in strict compliance with sanitary rules currently in place.



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The first episode of the series was shot at Fort Antoine and features Monegasque gymnast **Kevin Crovetto** alongside Paula.

Kevin offers viewers the possibility to engage in some of his training routine. During the interaction between the two athletes, Paula also presents her own muscle building exercises.

The second episode, filmed at the Stade Louis-II, will feature Monegasque Formula 1 driver **Charles Leclerc**, Ambassador of the Foundation, and will air on **Thursday, March 25 at 7:30 p.m.**

This video project is part of the **Sport & Education** programme of the Princess Charlene of Monaco Foundation, which promotes sports activities to contribute to the well-being and development of children.



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