

Launch of the Two-15 Challenge MC with Paula Radcliffe

British athlete **Paula Radcliffe** and the **Princess Charlene of Monaco Foundation**, with the support of the Department of Education, Youth and Sport (DENJS), are proposing the "Two-15 Challenge" to schoolchildren from the Principality and their families for the February school holidays.

This challenge is intended to motivate children in Monaco to play sports at home or outdoors, while many group sports activities are suspended.

It is inspired by the "Families on Track" concept created by Paula Radcliffe in England, with the aim of giving the whole family the opportunity to participate together in a safe physical activity, sharing the pleasure of playing sports as a family.



Referring to her time (2 hours 15 minutes and 25 seconds) which remained the marathon world record for 16 years, Paula wishes to encourage students and their families to be physically active for a minimum of **15 minutes** per day during the **2 weeks** of holidays, abiding by the current health measures and Covid-19 regulations of the Government of Monaco.



Participating families can choose any type of physical activity (walking, running, obstacle course). By registering their **daily** activity however they wish, families will be able to complete the challenge after 2 weeks.

The 15 minutes a day reflect the time that the family unit (minimum 2 people) do a physical activity **together**.

Participants will be invited to share their activities on social networks via the hashtag **#two15challengemc**.

Under terms provided by the DENJS and the Foundation, schools will receive personalized certificates and those that record the best results from their students and families will receive special rewards.

This project is part of the **Sport and Education** programme of the Princess Charlene of Monaco Foundation, which introduces original sports activities and promotes the values of sport in order to contribute to the well-being and development of children.

- For more info: www.fpcm.mc/two15challenge

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