



### What is LMFC?

Les Mills Fund for Children (LMFC) supports many charities and charitable projects with the goal of making the planet a fitter and healthier place. We raise vital funds to help children in the UK live a healthier lifestyle and are supported by Les Mills UK.

We work with organisations that have the passion and resources to help children. We award funds to improve the education as well as the physical and emotional wellbeing of children in order to create a healthier society.

For nearly 30 years Les Mills has been making the world a fitter place. Since the early 1980s, Les Mills has created scientifically backed group fitness classes to help millions of people across the world achieve their health and fitness goals.

However in recent years there has been a global increase in inactivity and obesity amongst the young. We felt it was vital that children were given the chance to learn about, be inspired by and experience exercise so that they could live healthier lives. To help achieve this Les Mills Fund for Children was created.

We are passionate about transforming the lives of children and want to instil the next generation with a lifelong love of physical activity and learning. We want to feed their natural appetite for action, motion and play — and give them the joy, energy, confidence and fitness that come with it.

Our aim is to grow the number of children who are active. We know that children need to be educated and be given the opportunity to exercise, and so we provide grant funding for charities that are associated with our values to achieve this goal.

LMFC is focused on raising funds and supporting the communities that we live in. We do this through targeted grant-giving, and our own fundraising programmes and campaigns so we can help children who:

- ☀ Are inactive and/or suffering from obesity
- ☀ Are living in poverty and danger
- ☀ Are living with a disability
- ☀ Lack the access to health and wellbeing opportunities
- ☀ Have physical and mental health problems

# Panathlon Case Study

The Les Mills Funds for Children is already having a huge impact on the community. LMFC awarded £5,000 to The Panathlon Foundation.

The Panathlon Foundation was founded in 1996. In 2013 alone its most successful program, the Panathlon Challenge, ran 100 events across England with the creation of 20 individual County Champion school teams. The aim of the Panathlon Challenge is to inspire young disabled people to use competitive sport and fair play as a means of social development. Team based competition enables social cohesion and development, enhances skills and confidence and creates a sporting pathway for severely disabled young people.



Moving forward, Panathlon hope to create a Regional Champion structure. This structural progression within the regional Panathlon Challenges will further enhance Panathlon's Leadership Pathway. This program encourages young people from neighbouring schools to steward and helpout at events. This will allow the best leaders from within counties to act as officials at the regional competitions.

Panathlon will use LMFC's grant to work in 12 counties across England, involving around 200 disabled young people in sport with another 50 young people involved as leaders.



Alongside some of the events across England there will also be a Regional Primary Panathlon, engaging a further 50 young severely disabled people and 15 leaders from across 4 Counties.

Prince, a pupil with severe language impairment took part in the pilot Primary Panathlon Challenge and described the day as, "the best day of my life!"