

METRO PLUS

## A fitness picnic



Chitradeepa Anantharam

MARCH 19, 2018 00:00 IST  
UPDATED: MARCH 19, 2018 04:30 IST



**Fitnic is an opportunity for parents, grandparents and children to come together and spend a day full of fun-filled fitness**

Next weekend, take your family and head to OMR for a day of both fun and fitness, as Chettinad Sarvalokaa Education gears up for Family Fitnic, a fitness picnic and open for registration by families.

The event is designed to involve toddlers, teens, parents and grandparents in multiple activities.

All the fitness-oriented activities will focus on balance, coordination, flexibility, strength, endurance, accuracy and reaction time.

The highlight for the day will be the treasure hunt, in which four members of the family can participate.

This activity will be designed to test flexibility and agility, as well as coordination among team members.

“We are collaborating with the Sparrc Institute to conduct the fitness activities at our state-of-the-art running track and badminton court. For toddlers, there is a well-equipped play area to spend the time,” says an organiser.

There are other small events as well, such as Kidathon, which is for kids in the age group of three years to five years and will cover about one or two kilometres.

A mini marathon of five kilometres is open for kids above six years of age and their parents, and for the grandparents, there is a one kilometre-long walkathon. Two members from each family can participate in the doubles badminton tournament as well.

According to the organisers, the event will be organised within the school campus, and therefore entry will be permitted only for those with prior registration.

For participation, register at [www.eventjini.com](http://www.eventjini.com) The fee is Rs. 550 for a family of up to six members.

*Fitnic will be held at Chettinad Sarvalokaa Sports Arena, Chettinad Health City, OMR, on March 24, 7 am onwards.*

*For more details, call 9659650000.*