

By Leslie Lang

but if you had been required to complete a tri-

**V V** This past May, all in one day, about 140 Kamehameha Schools Hawai'i high school juniors swam a half mile, biked 6.2 miles and ran a mile and a half, covering more than eight miles altogether.

Training starts in freshman year, when students learn the basics of fitness components and then participate in a five-mile run. During sophomore year, they learn more about fitness and complete a triathlon.

On a running day, for instance, students must cover a mile and a half, but they can choose how they do it.

— Ryan C...

On swim days, students have to complete a minimum number of laps, but they can decide whether to work out with kickboards or do inter-

"The Hawaiian community is the highest in obesity and diabetes," he says, "so our goal is to try and remedy that by helping the young people make good choices and then affect their family members too."

And what do the students think about it?



He says that, in general, written reflections the students fill

"All in all it's very positive," he says, "and they're very supportive of each other."

