

Pulling for better kids' nutrition

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Sun Media

Pulling a 12-tonne school bus isn't easy — but having a nutritious breakfast in you certainly helps.

But more than 40% of

Toronto public school kids don't have that luxury. Fitness guru Conor Kelly tried to change that by pulling a yellow bus several metres at Yonge-Dundas Square yesterday to raise money for public school meal programs.

"I attended a presentation by some high school kids and really took my eyes to the scope of the problem," said Kelly, 31. "Being in a position to know as a nutrition expert how that affects the body, I felt I had a responsibility to

take action."

The 5-foot-7, 190-pound Kelly trained 12 weeks for the event. "A lot of preparation goes into pulling a bus," he said. "You have to practice and learn the technique. I built up my strength by training in the weight room and ... pulling a weighted sled."

Several hundred people cheered as Kelly, with his head down, grunted and lunged each leg ahead of the other until the bus came to a halt several metres down the road.

"I'm glad that it looked easy, because it certainly wasn't," he said, panting, afterward.

The Toronto Foundation for Student Success, an organization run by the Toronto District School Board, said 30% of Toronto kids live in poverty and about 41% of public school students go to school without first eating breakfast.

The foundation beat its target of \$50,000, with corporate donations alone exceeding \$150,000, said spokesman Susan Wakutz. Kelly's efforts yesterday raised \$20,000.



GREG HENKENHAF/SUN MEDIA



**WATCH
THE VIDEO**

torontosun.com/bus

Watch Conor Kelly
pull a bus for charity

Fitness instructor Conor Kelly pulls a 12-tonne school bus at Yonge-Dundas Square yesterday to bring attention to the need for better nutrition for kids attending Toronto schools.

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