

Sport your trainers today!

✘ Scots are being asked to swap their usual footwear for trainers on 'Sport Your Trainers' day today to mark Commonwealth Day.

Sports Minister Shona Robison led the call by example last week by wearing trainers to Parliament and joining two charities – Paths for All and Ramblers Scotland – for a walk around Edinburgh's Old Town.

Glasgow 2014's 'Sport Your Trainers' is on Monday 14 March, when Commonwealth Day is celebrated across the Commonwealth nations.

Sports Minister Shona Robison said:

"Our top sportspeople have been encouraging all Scots to show their support for Glasgow 2014 by donning their trainers on Monday – and we wanted MSPs to take part too.

"Scotland has a proud sporting record and the enthusiasm we are already seeing for the Games is fantastic. We have a unique opportunity to use this enthusiasm to inspire people to make lasting lifestyle changes and put Scotland on the path to a healthier and more successful future.

"Show your support for the Games, get involved and 'Sport Your Trainers' on Commonwealth Day. It is a brilliant opportunity to get active by walking to work or school – make sure you put on your trainers and have fun!"

Glasgow 2014 Chairman Lord Robert Smith said:

"The power of "Sport Your Trainers" is evident when you see MSPs wearing their trainers today in Parliament ahead of Commonwealth Day on Monday.

"The campaign is gathering real pace across the nation with

hundreds of thousands of Scots already pledging to wearing their trainers to back the Games.

“I’ll be wearing mine on Monday and I hope you’ll be wearing yours.”

Among the Team Scotland athletes supporting Sport Your Trainers are Kirsty Gilmour (badminton), Sean Keogh (wrestling), Peter Kirkbride (weightlifting), Kareena and William Marshall (hockey), Robbie Renwick (aquatics), Willie Wood (lawn bowls) and Callum Skinner (cycling).

[Photo courtesy of Dave Morris](#)