

## Oran GAA Club, Roscommon

### Oran Gets Active

Oran Gets Active is into its second year running following on from its success last year with over 70 participants, both men and women from ages 16 to 70 years. The 8 week exercise programme involves weekly fitness classes on Thursday nights for all ages over 16 years. The project is aimed at targeting everyone in the community especially those that are not normally involved in playing sport and an intergenerational focus.

Ciara McDonnell from Pulse Fitness takes the community through its paces in this one hour intense programme. To support the participants on their fitness journey the club have organised a range of expert speakers to deliver talks prior to the exercise class. These educational talks vary from nutrition, podiatry and stress management. Participants were given the opportunity to get weighed and get waist circumference measurements done in a discrete confidential manner at weeks 1, 4 and 8 by registered nurses. Although the main aim is social engagement rather than weight loss the club do encourage participants to follow RTE'S Operation Transformation and recipes are on hand each week to give out.

In 2016 twenty nine of the participants tracked their weight loss and in total they lost 82kg and 162.5 cm. The man and woman who lost the most weight are now hugely involved in the Oran Healthy Clubs Project Team.

On Saturdays Oran Gets Active works hand in hand with the Roscommon Sports Partnership for a community walk in various areas of the rural parish involving other members of the community not affiliated with the GAA. Each registered participant does couch to 5k training which basically brings participants from walking to being able to run 5km. The programme finishes after 8 weeks with a 5km and 10km run.

To motivate and encourage participants the club sends texts to everyone registered on the programme at least once a week with details of what's on offer the following week but also and more importantly to offer encouragement and motivation along the way.

Some quotes from participants

" This is a real community project, it's not all GAA or one particular area, it's everyone"

"I feel so involved in this project"

"Best thing I ever did for my health"