



GAA Health & Wellbeing Conference

Activate – How to support a physically active membership

Contents

- Intro to Physical Activity (PA)
- Statistics on Physical Inactivity
- Physical Activity Levels
- Benefits of PA
- Kicking Bad Habits
- Ideas to improve PA in your Club

Physical Activity ?



Physical Activity

Physical activity is a broad term which covers all movement, not just exercise, which is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness.

This means that virtually all types of physical activity count, including walking or cycling, dance, traditional games and pastimes, gardening and housework, as well as sport or deliberate exercise.

All physical activity counts and more is better. By including it in every part of your daily life, whether at home, at school, at work or at play, physical activity can help you to live longer and have a better quality of life (Department of Health).

**Physical Inactivity is thought to be associated
associated with ONE MILLION deaths per year in
Europe (WHO)**

Physical Activity

- 32% of the population are considered to be highly active
- Four in ten men (40%) are highly active compared to just under a quarter of women (24%)
- Just under a quarter (23%) of those who are obese are highly active, compared to almost 4 in 10 of those with a normal weight or overweight (36%)
- Irish people spend on average 5.3 hours sitting each weekday
- Women aged 15-24 spend longer sitting (6.7 hours) than any other group, whilst those engaged in home duties (4.4 hours) spend the least amount of time



HEALTHY IRELAND
SURVEY 2015

Statistics on Physical Inactivity

Physical inactivity in Ireland is thought to be responsible for:

- 8.8% of Coronary Heart Disease
- 10.9% of Type 2 Diabetes
- 15.2% of Breast Cancer
- 15.7% of Colon Cancer

Physical Activity levels

AT LEAST.....

60 mins
every
day

Children and Teenagers 2 – 18
Moderate to Vigorous activity including **muscle-strengthening, flexibility** and **bone-strengthening**

30 mins
every
day

Adults aged 18 – 64
5 days a week or 150 mins per week of vigorous
exercise

30 mins
every
day

Older people aged 65+
**focus on aerobic activity, muscle- strengthening and
balance.**

Benefits of PA



- ✓ Wellbeing
- ✓ Ability to function better at work and home
- ✓ Muscular and cardiorespiratory fitness
- ✓ Bone density
- ✓ Likelihood of maintaining weight and preventing weight gain
- ✓ Cognitive function
- ✓ Ability to manage stress

BIGGEST Benefit



Exercise Fights Fatigue, Boosts Energy

In this study, published in Psychological Bulletin, the researchers analyzed 70 studies on exercise and **fatigue** involving more than 6,800 people.

"More than 90% of the studies showed the same thing: Sedentary people who completed a regular exercise program reported improved **fatigue** compared to groups that did not exercise," says O'Connor. "It's a very consistent effect."

Reduces the need for:



Physical Activity Reduces

Cancer

Stroke

Diabetes II

Fractures

Depression

Blood Pressure



Mini Wellness Centre



Blood Pressure Device



Running Apps



My Fitness Pal



CHALLENGES



Body Fat Scales



Work Out Programs

Cardio Workouts | MpowerFitness

ROW Session 1	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	90sec	Build to Lvl 12	
R O W	3x	3min	800m+	1min
	4x	2min	550m+	45sec
	5x	1min	300m+	30sec
ROW Session 2	SETS	WORK	RATINGS	RECOVERY
	1x	5min	1.2km	
R O W		4min	1.0km	1min
		3min	800m	1min
		Repeat in reverse		1min

Level 1

Level 2

Level 3

Get People Involved



[Home](#) » [About Rounders](#) » The Game

The Game

GAA Rounders is one of the four official GAA sports. Along with Gaelic Football, Hurling and Handball, Rounders was included in the original GAA charter back in 1884. Rounders is a bat and ball game and is not that dis-similar to baseball. Indeed it is now generally accepted that Baseball is derived from Rounders in some form or other, as it has been played on this island for a couple of hundred years now and was probably brought over to America by the early settlers.



Rounders is played by all age groups, from National School children all the way up to and including senior level. There are mixed teams, where boys and girls, men and women can play on the same team.



As Rounders is a limited contact sport it is perfect for both recreational and competitive play. It also draws on a different set of skills than the conventional GAA games and is very good for developing hand eye coordination.

<http://www.gaarounders.ie/about-rounders/thegame>



Getting Parents/Community Involved

Proven case study



Program

- 8 Weeks
- Kids had to keep track of their daily steps (10 - 20k steps)
- Lunch Box was monitored daily
- Sugar in foods was discussed and practical's performed
- Kids ran for 15 mins a day in school
- 0- 5k run at the very end with kids and parents



No Homework

Clara GAA Club now a smoke free zone as Healthy Clubs Initiative is launched

29 August 2016

KILKENNY Senior Hurling team captain, Shane Prendergast, is supporting his club, Clara, as it becomes the first in the hurling hotbed of Kilkenny to sign up to the 'Healthy Clubs' initiative.

Clara GAA Club is Kilkenny's first and only 'Healthy Club' and is one of just 60 GAA clubs nationwide engaging in the GAA's Healthy Club initiative.

To kick start the Healthy Clubs Initiative, Clara GAA Club has decided to become a smoke free zone and is one of the first expanding club on the edge of the GAA's Healthy Eating Guidelines under the plan.

The growing club, which has Shane Prendergast, and former captain, as well as Kilkenny GAA Chairman, Neill, on the committee.

At the launch, Quinn commended Clara GAA Club as the first in Kilkenny and supported the club's decision to become a smoke free zone. He encouraged all members of Clara GAA Club to support the initiative.

Clara GAA Club is more than just a club, it is a community organisation that strives to look after all members of the club and to promote a sense of community spirit, according to Caroline Clifford of the Healthy Club project team.

"Clara GAA Club wants to ensure that everyone who comes in contact with our club, be they players, coaches, referees, parents, community members, visitors and club members, all have a rewarding experience.

"Clara GAA Club is delighted to be part of Phase two of the GAA Healthy Clubs Initiative and hope to embrace this opportunity to develop our Club, to support as many people as possible to enjoy a healthy and happy life. Being a Healthy Club will support us in reaching this goal," she said.



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Resources

- Department of Education

<http://health.gov.ie/healthy-ireland/physical-activity/>

- World Health Organisation

<http://www.who.int/en/>

- Get Ireland Active

<http://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf>

- Irish Heart Foundation

<http://www.irishheart.ie/iopen24/>



Achadh Mór
Cumann Lúthchleas Gael

Activate – How to support a physically active membership

Aghamore GAA Club



Achadh Mór
Cumann Lúthchleas Gael



Open to all the Community



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Cumann Lúthchleas Gael

Join Operation
Trans-Agha-Mation



Starting
Tuesday 11th October
at various locations in
KNOCK and AGHAMORE

every Tuesday & Thursday night
and Sunday mornings

Finishing
Saturday 3rd December
with a **5K RUN in KNOCK**

Registration in Knock Community Centre,
Tuesday 4th October at 7.30pm.

**Circuit,
Bootcamp,
Metafit,
Yoga and
Boxercise
Classes**



Programme registration fee: €60; 5k race: €10.
Over 18's only.

Contact: **James Carty 086 8568143**
or **Joe Neylon 086 2938216**, for further information

OP-TAM IS BROUGHT TO YOU IN ASSOC. WITH AGHAMORE GAA CLUB

 OPTAM2015
 Operation
Trans-Agha-Mation



aghamoregaa.ie

Plan



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- Work opportunity in Castleblayney, leading to involvement with Castleblayney Faughs GAA Club
- Reviewed : Operation Trans-Faugh-Mation & its metrics & plan
- Developed a similar plan for Aghamore GAA Club: OPTAM
- Rolled out in 2015 & second programme in action
- Plan to involve all local community in Club catchment area
- Initial plan over 18's, as a result of feedback now over 16's

Partners



Achadh Mór
Cumann Lúthchleas Gael

- Aghamore GAA Club Chairman & Executive
- 3 Local Primary Schools
- Local Personal Trainers
- Irish TV
- RSA

Activity



Achadh Mór
Cumann Lúthchleas Gael

- 8 week fitness and wellbeing programme
- Tuesday & Thursday Nights: Circuits, Bootcamp, Metafit, Yoga, etc.
- Sunday mornings: Couch to 5k programme
- Guest speaker on Nutrition
- Finale: 5k road race at end of programme

The Club



Achadh Mór
Cumann Lúthchleas Gael

- Reaction from local people
- Increase in regular exercise by participants
- Social avenues
- New people joining for second programme: OPTAM 2016
- People partaking not associated with Club

Challenges



Achadh Mór
Cumann Lúthchleas Gael

- Getting 'buy-in' from Club Executive
- Time of Year: October- April
- Rural Club with a large catchment area – get the message out
- Facilities to accommodate large groups for programme

Aghamore GAA Club



Achadh Mór
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AGHAMORE GAA CLUB, AGHAMORE, CO. MAYO

PRESENTS

‘RUN 1K-A-DAY’

SCHOOLS PROGRAMME



Achadh Mór
Cumann Lúthchleas Gael

‘Healthy Bodies, Healthy Minds, Healthy Clubs’

Knock National School

St Marys National School

RUN: 1K–A- DAY

St. Brigid's National School, Tooreen

Mission



Achadh Mór
Cumann Lúthchleas Gael

The *'Run: 1K-A-Day'* programme, will enhance the children's physical, mental and emotional health & wellbeing during the school day.

'Fit to play, fit to learn'

Plan



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- Children go out to *'Run:1K-A-Day'* in almost all weathers.
- Teacher will choose the time each day or have a set time.
- Should be a 15 minute turnaround to ensure minimal classroom disruption
- A set *'1K-A-Day'* course to be measured at each school grounds.) Can be on track, schoolyard, all weather). This to be facilitated by Aghamore GAA Health & Wellbeing Committee
- Programme launched on 3rd of October 2016

Partners



Achadh Mór
Cumann Lúthchleas Gael

- Aghamore GAA Club Chairman & Executive
- Principals : 3 Local Primary Schools
- Teachers : 3 Local Primary Schools
- School Children & Parents

Activity



Achadh Mór
Cumann Lúthchleas Gael

- Run: 1K-A-Day' programme to start on 3rd October
- The measurements and target can vary and can be at the suggestion of the class or teacher. The more suggestions from children the better.. (Aids in buy-in to programme)
- Aghamore GAA OPTAM programme will host a 2k/5k event on Saturday 3rd December to include children from each school.
- Children from each school will be encouraged to target towards this event and to participate in either the 2k or 5k event on the day.
- Review with schools before end of current school term

The Club



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Cumann Lúthchleas Gael

- Improve fitness and alertness in children.
- Aid in increased classroom focus & learning.
- Create an enhanced class and classroom spirit.
- Aid children to eat and sleep better.
- Aid appreciation of outdoors and fresh air.
- Enhance interest in Sport and Athletics.
- Improve children's confidence.
- Improve children's ability to form relationships.
- Enhance club / school / community relationship.

Challenges



Achadh Mór
Cumann Lúthchleas Gael

- Time of Year: October- April
- Participation of all schools and classes
- Facilities within school ground
- Launch day....needed to facilitate transport
- Continuity of Programme

RUN 1K-A-DAY - LAUNCH



Achadh Mór
Cumann Lúthchleas Gael



RUN 1K-A-DAY - LAUNCH



Achadh Mór
Cumann Lúthchleas Gael



RUN 1K-A-DAY - LAUNCH



Achadh Mór
Cumann Lúthchleas Gael



RUN 1K-A-DAY - LAUNCH



Achadh Mór
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RUN 1K-A-DAY - LAUNCH



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RUN 1K-A-DAY - LAUNCH



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