

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

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

Get Organised Set Goals

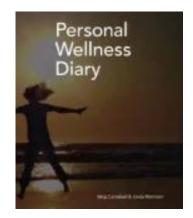
Kicking Bad Habits

Reward Yourself Support

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	Level
Warm-up	1x	90sec	Build to Lvl 12		Level
	3x	3min	800m+	1min	
R	4x	2min	550m+	45sec	
0	5x	1min	300m+	30sec	
w					
		Lucar			Level 2
ROW	SETS	WORK	RATINGS	RECOVERY	Level 2
ROW	SETS		RATINGS	RECOVERY	Level 2
ROW		WORK 5min 4min		RECOVERY 1min	Level 2
ROW Session 2		5min	1.2km		
ROW Session 2		5min 4min	1.2km 1.0km	1min	Level 2

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.gaaroun ders.ie/aboutrounders/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 Cluzone and is one of the first expanding club on the edge Guidelines under the plan.

The growing club, which has Prendergast, and former ca Kilkenny GAA Chairman, Ne

At the launch, Quinn comm Kilkenny and supported the members of Clara GAA Club

Clara GAA Club is more that look after all members of the process of the process

lecided to become a smoke free sking at its grounds. The ne GAA's Healthy Eating

anel, including Captain, Shane ative at the weekend with Jimmy Walsh in attendance.

 Healthy Club Initiative in s grounds. He encouraged all

nunity organisation that strives to nunity 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.

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/

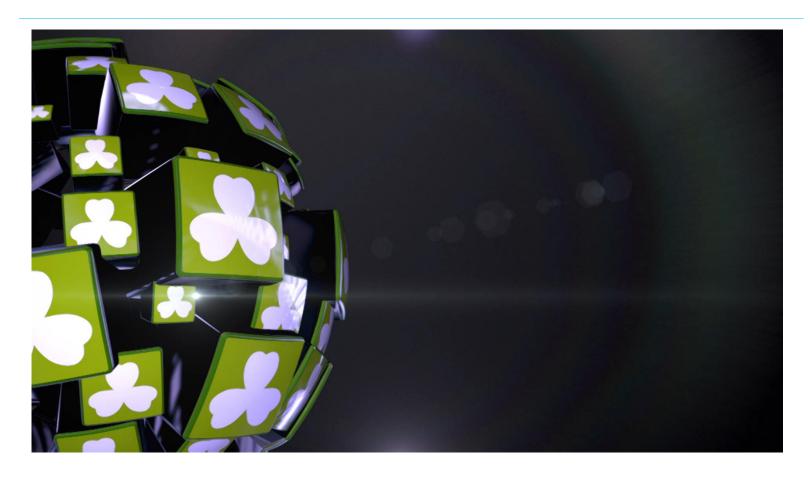


Activate – How to support a physically active membership

Aghamore GAA Club







Open to all the Community





Plan



- 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



- Aghamore GAA Club Chairman & Executive
- ■3 Local Primary Schools
- Local Personal Trainers

■Irish TV

RSA

Activity



- 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



- 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

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





AGHAMORE GAA CLUB, AGHAMORE, CO. MAYO
PRESENTS

'RUN 1K-A-DAY'
SCHOOLS PROGRAMME



'Healthy Bodies, Healthy Minds, Healthy Clubs'

Knock National School

St Marys National School

RUN: 1K-A- DAY

St. Brigid's National School, Tooreen





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



■ 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



■ Aghamore GAA Club Chairman & Executive

■Principals: 3 Local Primary Schools

■Teachers: 3 Local Primary Schools

School Children & Parents

Activity



- ■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



- 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

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























