

Castleblayney Faughs GAA Club, Monaghan

Operation TransFAUGHmation

Operation TransFAUGHmation is a 12 week physical activity/fitness initiative aimed at increasing health awareness and helping the community to become a healthier place. It is open to everyone in the community regardless of age, fitness level, weight etc. 'A fun way to a healthier lifestyle' is Operation TransFAUGHmations tag line.

This club has ran the initiative for 6 years now, starting out with 105 participants in 2011 it has grown in popularity year on year with 262 people taking part in 2016. Of those 238 participants 65% were women and 35% were men. The initiative is open to everyone with club members only accounting for 25% (n=60) of participants. Fitness classes are run twice weekly for the duration culminating in a 5k charity fun run/walk. In 2016 985 people lined out to take part in the run/walk.

For the club the impact is far reaching, membership has increased and they are now firmly back in the community and seen as one of the major organisations. The reason the Healthy Club Project Team approached the Club Executive with Operation TransFAUGHmation was because they felt the club had become disconnected from the community it serves. To date the club have won numerous awards for the programme including Sports Club of the Year in 2015.

Whilst weight loss is not an emphasis of Operation TransFAUGHmation there is an option to be weighed in each week for anyone who wishes to track their weight. The largest weight loss for men was 8lbs and 17lbs for women.

Some people had personal goals and targets they wanted to achieve identifying it as '*something for yourself really.*'

'So I came that first year and I lost 29 pounds and maintained it. Then this year I've come back and I have lost 25 and a half pounds so far. Yeah I've 9 stone 10 and a half pound so far. I have gone down 3 dress sized since I started the programme this year.'

'I would never have even dreamt it only for Operation TransFAUGHmation, losing all the weight and they do they boost your confidence. They boost your self-esteem. I walk down the town now with my head held high, I'm so happy with myself you know what I mean.'

The social aspect to the initiative was also a very important element for people. '*You make loads of friends, it is a very very friendly environment. The craic is 90 all the time. This is my social outing*'.'