

Oran GAA gets up and gets active

By Mairead O'Shea

An innovative health programme from Oran Gets Active will get underway this January with the aim of improving physical and mental fitness.

The launch of Oran Gets Active took place recently at the Clubhouse Rockfield. The project is spearheaded by the Oran Healthy Clubs Team, combining the best of the Couch to 5km and in association with RTE *Operation Transformation*.

This will be a real opportunity to improve both your physical and mental fitness. The programme will be managed in a way that will make it suitable for all abilities. Combining the two programmes will make it attractive for both men and women. January is the ideal month to begin dealing with the excesses of Christmas.

The eight-week programme will commence on Thursday, January 7th, and will cost a one off fee of €50. Each participant will get Thursday indoor sessions in association with *Operation Transformation* and Saturday couch to 5k outdoor exercise. Participants will also get nutri-



Pictured at the launch of the Oran Gets Active were back row left to right: Seamie Lennon, Maura Kelly, Noel Feeley, Tommy Ryan, Laura O'Sullivan. Front row left to right: Maria Harris, Fergal O'Donnell, Ciara McDonnell, and Louise Keegan.

those with similar open-minded attitudes towards practising exercise and heading nutritional advice. Collectively, the group lost in excess of 50 stones during the ten week programme.

The Roscommon Sports Partnership will provide a fully qualified trainer on Saturday mornings at Donamon Castle to do a meet and train where participants can walk and work their way up to jog/run. The programme will start with 30-second jogs then one minute walks using the road around the castle for running/walking to the participant's ability. The aim is to build up to walking/running a 5km which will be held on February 27th in Donamon.

Noel Feeley of the Roscommon Sports Partnership is delighted at the high level of community involvement in sport in Oran Parish. He outlined the partnership's role in promoting participation from people of all abilities. "The Roscommon Sports Partnership initiative was developed by the Irish Sports Council in order to promote sport and physical activity at local level. The Oran Gets Active initiative is an ex-

cellent example of encouraging participation by all the community," he said at the launch.

The recently elected project leader of the Oran Healthy Clubs Team, Sean Moylett, in promoting the initiative said: "The Oran Gets Active programme is open to anyone in the parish who wants to improve their health and wellbeing. So come along on January 7th to get a great start to the New Year." He complimented the team on developing the programme and thanked the Pulse Health and Fitness Centre, Roscommon Sports Partnership and Fergal O'Donnell for their support.

Maria Harris, secretary of the Oran Healthy Clubs Project Team stated that you don't have to be a member of the GAA to take part. "Oran Gets Active is for everyone in the community, so you are all welcome to take part. We are asking other community and sports groups in the parish to encourage their members to become involved," she said.

Further information available is on the Oran Healthy Clubs Facebook page or from Maria Harris on 087 4073321.

positive lifestyle behaviours and attitudes. If we take responsibility for our own health and wellbeing, we can improve our health on a daily basis."

Last January Ciara ran *Operation Transformation* in Castlereah and over 140 people enlisted for her programme, most wanting to lose weight but all seeking to spend time in the company of

and weigh in will commence at 7.15p.m. with classes continuing in subsequent weeks from 8p.m. to 9p.m.. Ciara is a qualified fitness instructor and physical therapist and has recently expanded to running fitness classes in Roscommon Leisure Zone. Speaking at the launch Ciara said: "I believe that there is a profound benefit to our quality of life if we adopt

He also congratulated the Oran Healthy Clubs Project team on their foresight in organising this innovative programme".

Ciara McDonnell of Pulse Health & Fitness Centre in Castlereah will run an exercise programme each Thursday in Ballinahughish Community Centre. On the opening night, Thursday, January 7th, registration

tional advice, an "Oran Gets Active" hat, hi-visibility jacket and a card to record their progress.

Fergal O'Donnell, the Roscommon senior football team joint manager, complimented the Oran Club on its initiative. Speaking at the recent launch he said that "mental and physical health and wellbeing is really important in today's stressful world"