

Oran Gets Active 2017 launched

With the Mickey Cunniffe Cup on display Oran Gets Active 2017 was launched at the GAA pitch in Rockfield by the senior county hurling champions. The captain of the Oran County Hurling Champions, Mike Dwyer, wished the Oran Healthy Clubs well with the Oran Gets Active 2017 programme and encouraged everyone to get involved.

Joint project leads Maura Kelly and Maria Harris gave an account on how the programme would run: "Oran Gets Active follows on from its success in 2016, it includes a weekly fitness class in Ballinaheglish Community Centre with Ciara McDonnell from Pulse; weekly couch to 5k training with Roscommon Sports Partnership in the grounds of Donamon Castle; weekly community walks, and some expert talks in areas of healthy living including podiatry, nutrition, well-being, and much more," explained Maura Kelly.

"This initiative involves everyone in the everyone 's welcome," said Maria Harris.

Following registration Oran Gets Active kicks off on January 5 with an exercise fitness class with Ciara in the Ballinaheglish Community centre. Participants are encouraged to follow RTE's Operation Transformation TV show for tips on healthy eating. Weigh-ins and waist circumference measurements will take place at the start of the programme, with checks, in week four and again at the finish.

Two of last year's success stories Michelle and

Ray have since joined the Oran Healthy Clubs committee and are already a driving force in the 2017 programme.

Arlene McGuinness of McGuinness Totalhealth Pharmacy presented Maria Harris with a first aid bag for the Oran Healthy Clubs. Arlene explained that McGuinness Totalhealth Pharmacy would offer all Oran Gets Active participants free health checks during the eight-week programme including cholesterol check, weight check, and blood pressure checks. There will also be goodies for each participant and a substantial prize to the man and woman who lose the most weight.

Maria thanked Arlene for the generous sponsorship. Caitlin Conneely, Oran Healthy Clubs' treasurer, said this sponsorship will enhance the project and hoped that participants take up the kind offering of free health checks at McGuinness Totalhealth Pharmacy.

Taking part in Oran Gets Active costs €50 with discounts offered if Healthy Clubs is to improve health and well-being in Oran and surrounding areas. This new approach has generated further community engagement in the management of their own health and wellbeing. There is also a new enthusiasm for exercise and diet. The programme will finish with a 5k/10k event at the end of February and will set a good foundation as we start a new year.

For more information on Oran Gets Active 2017 please call Project Administrator Michelle Morgan on 087-4648437 or any committee member.



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Arlene McGuinness of McGuinness Total Health Pharmacy presenting Oran Healthy Clubs with a first aid kit, water bottles plus health checks during Oran Gets Active 2017. In photo left to right Mikey Monaghan, Michelle Morgan, Assumpta Lennon, Paula Whyte, Maria Harris, Caitlin Conneely, Arlene McGuinness, Alan Harrington, and Maura Kelly, Aine Earley and Seanie Lennon.

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