

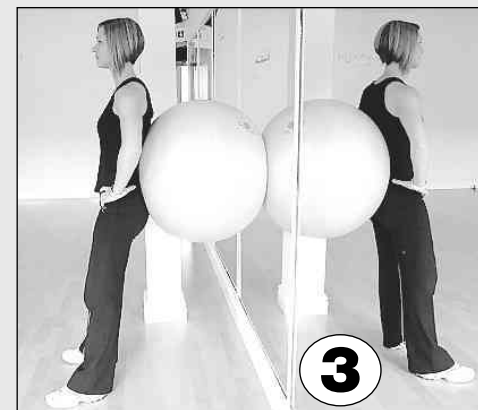
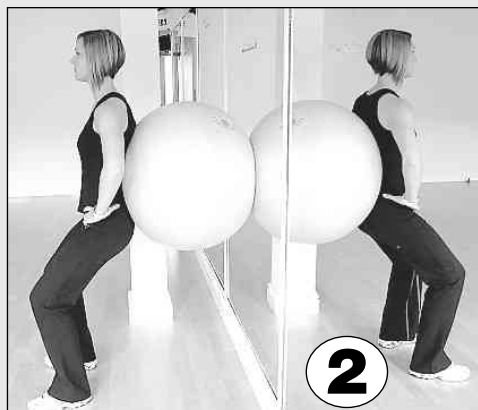
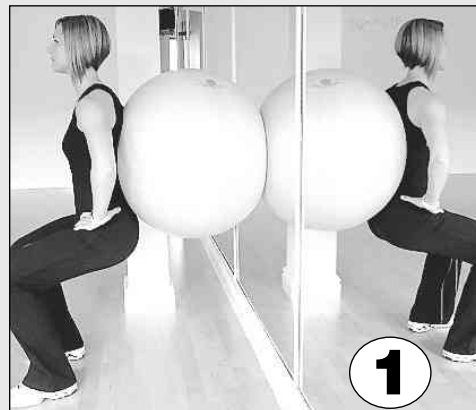
Get moving to health 

Workout of the week



IT'S week six of our work-out series and this week we go to La Femme Health and Fitness of St Phillips Drive, Royton, where fitness instructor Fiona Jones demonstrates squats using a stability ball — an excellent exercise for toning your thighs and back.

Fiona rests the ball against the wall using her back muscles (1), then gently rolls upwards, keeping her back straight (2), until she is in the standing position (3).



LA FEMME HEALTH and FITNESS
St Phillips Drive, Royton
0161-622 1222

Equipment

TO cycle, all you need is a bicycle and a helmet.

Bikes can be picked up from Gremlins for around £50, while prices at shops such as Halfords begin at around £100. Helmets start at £25.

Jason advises riders to bring a rucksack with a water bottle and to wear suitable clothing.

He added: "It's probably best for riders to wear trainers. Don't wear jeans. Instead, wear tracksuit bottoms or even shorts. If it rains you will need a waterproof jacket."

Contact Gremlins on 0161-284 3733 or e-mail inbox@gclw.org.uk

Organisations

Try-Cycles is a new organisation set up to encourage more people to get on their bikes.

It runs courses, from cycling proficiency tests to sessions in schools and works with organisations ranging from the primary care trust to youth clubs"

Contact Try-Cycles on 0161-622 2934 or visit www.try-cycles.co.uk

North-West Riders is a social group that meets regularly to cycle across the borough. Visit www.northwestriders.net

Stockists

Suntal Cycles, Ripponden Road: 0161-624 7409.

Skidmores Cycles, Union Street: 0161-624 5912.

Shaw and Crompton Cycles, Milnrow Road, Shaw: 01706-847550.

Saddleworth Cyclery, High Street, Uppermill: 01457-879955.

Surosa Cycles, Lees Road: 0161-624 8260.

THEY say you never forget how to ride a bike and across Oldham scores of people are rediscovering the fun to be had on two wheels.

Cycling is a low-impact sport that can greatly reduce the risk of heart disease, high blood pressure, obesity and diabetes.

Shelley Hulme (27) took up cycling a couple of months ago

thanks to her friends Jason Bromley and Paul Burgess who run Cycling Club Oldham.

The club meets every Saturday afternoon for a two-hour ride and Shelley admits she struggled at the start.

She said: "I was terrible at first and couldn't ride for any distance at all. But now I can feel myself getting fitter all the time and my

legs are definitely more toned. I have been out in all weathers and I really enjoy it."

Shelley, who lives in Chadderton, took up cycling with her partner, Gary Cooper. The couple also enjoy rock climbing and power kiting.

She said: "We don't spend that much time together when we are cycling as Gary is much better

than I am and so is usually miles in front.

"But it is nice that we are doing healthy things together.

"I would recommend people who are unsure about taking up a sport to give cycling a go because it gives you the chance to meet people you would not meet in normal circumstances. "It is a really social activity."

On your bike!

by **DAWN ECKERSLEY**

ANYONE interested in getting involved with cycling can do so through Energize, which is part of Oldham Primary Care Trust's Cottoning On project.

Cycle leaders Jason Bromley and Paul Burgess meet riders of all abilities at Alexandra Park every Saturday for a two-hour session during which they take in areas such as Daisy Nook, the Medlock Valley and Park Bridge.

Riders are welcome to bring their own machines and helmets but these can be provided.

The group has been running since last autumn and Jason says demand is growing all the time.

He added: "We go out in rain, shine, wind and snow because if you wait for good weather in Oldham you'll get nothing done.

"We rode all through the winter and there were always people there to come along.

"There is a great social aspect to the club as people are meeting new friends. We take in great scenery and gets lots of fresh air.

"We are currently seeing a rise in the number of people from black and minority ethnic groups coming forward to join in and we would like more families to come along."

Beginners are welcome and the cycle leaders stay at the front and back of the group to make sure all riders are safe.

Jason added: "We have people coming along who have not been on a bike for 30 years, and we have people who have never ridden before in their life, but we can accommodate all levels of expertise and can even set up separate sessions for total beginners."

If participants start to get serious about cycling, Jason and Paul advise them to try and buy their own equipment so that they can ride whenever they like.

Jason said: "We can refer people on lower-incomes to Gremlins, an organisation which recycles bicycles.

"You can usually pick up a bike from Gremlins for around £50 which is a lot cheaper than a new one."

Cycling Club Oldham meets at Alexandra Park boathouse every Saturday at 1pm. For more information on the club, contact Jason or Paul on 0161-785 3770 or visit www.energize-oldham.org.uk



SHELLEY HULME sets off from the Boarshurst Centre

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