

get moving to health 2

Shirley first casualty of programme



THE Get Moving to Health programme has suffered its first failure in two years with the removal of Shirley Hartley from the programme.

Shirley, aged 48 from Chadderton, has missed several of the team sessions with the rest of the volunteers and OCL executives have been disappointed that she has not been making use of the free gym pass to enable her to improve her fitness

levels and, alongside the healthy eating message from PCT nutritionists, lose weight.

Shirley has twice been on last-minute holidays during the programme and has missed several organised activities.

Marie Conway, who heads the Get Moving to Health programme for OCL, said: "It is disappointing to have to do this but we have to have people on the programme who are committed

and this just has not been the case with Shirley.

"We realise other things have happened for her but, in signing up for this course, all the volunteers knew what they were letting themselves in for and others have made sacrifices to attempt to achieve their personal goals, and be a part of the team to drive home the health message.

"What is most frustrating is that Shirley took up a place that

other people really wanted and would have made full use of."

Shirley agreed that she had not made full use of the facilities, handed in her special OCL pass and will no longer be taking part in the programme.

Another of the volunteers Carol Youlton, has also missed sessions but she has an ankle injury and is to be given extra time to recover and then hit the weight target,

Alan takes team on a Nordic walking trek

Get moving to Health 2

LIFESTYLE feeling great in 2008

in association with Oldham Primary Care Trust NHS

OCL OLDHAM COMMUNITY LEISURE

by **DAWN ECKERSLEY**
with our volunteers every step of the way

THEY'VE tried circuits, spinning and fit ball, slogged their guts out in the gym and given up all the things they enjoy the most.

But our 10 pounders are finally starting to see results and some of them are actually enjoying their new-found healthy lifestyle.

This week the recruits tried their hand at Nordic Walking — a new craze that's sweeping the country.

In a nutshell, the sport involves exaggerated walking with the aid of special poles to ensure a total body work out.

It's relatively easy to pick up — as long as you possess basic co-ordination skills — and offers maximum results for reasonably minimum effort.

Instructor Alan Keane (pictured) showed us how to attach the poles to our wrists before guiding us round the room Nordic style and after a few minor accidents with flailing poles we were on our way.

On the whole, the group seemed to pick up their freshly acquired skill pretty quickly and we were soon bouncing round the room like professionals — even venturing outside to test their new-found abilities.

Alan told us Nordic Walking developed in Finland to give sporty types something to do when the snow disappeared. And while it may seem like little more than walking, the activity offers a full work out including a toned upper body and legs.

Alan runs regular sessions in Alexandra Park. To find out more visit www.nordicwalking.co.uk.



NORDIC WALKING History

■ Nordic walking started in Finland in the early 1930s, as an off-season training method used by competitive cross-country skiers.

■ The development of Nordic walking into its current form of recreational physical activity for all started in Finland in the early 1980s.

Development

■ The international Nordic Walking Association was established in 2002 and the activity was introduced globally.

■ By the end of 2004 the estimated population of Nordic walkers reached 3.5 million. Nordic walking is one of the fastest growing recreational fitness sports in the world

What is it?

■ Nordic walking is fitness walking with specially designed Nordic walker poles and it offers a very different, aerobic and easy way to improve one's physical condition irrespective of age, sex or physical condition.

■ Irrespective of age or physical condition Nordic walking can be done by everyone who wants to work on his/her condition and wellbeing in the fresh air.

■ Walking with poles gives extra safety for elderly people with disequilibrium and in circumstances such as snow and ice.

■ For people in good physical condition and athletes, Nordic Walking provides an extra element of challenge, effectiveness and variety to the training.

■ When Nordic walking you use your legs, your arms, the rear part of your shoulders, and your chest and back muscles. Using more muscles in Nordic Walking means on average you burn 20% more calories than in normal walking at the same walking speed

ALAN KEANE,

Nordic Walking Instructor



Futsal and football opportunities around the borough

OCL manage five synthetic pitches — Royton & Crompton, Breeze Hill, Chapel Road, Grange and Failsworth Sports Centre.

Chapel Road was refurbished into a 3G pitch, in 2007 via SRB6 funding, and Royton & Crompton Pitch is scheduled to have the same treatment in two months time.

OCL run five adult football leagues across its sites on Sunday, Monday and Thursday at Royton & Crompton, and on Tuesday at Chapel Road and Oldham Sports Centre.

Women are also catered for in the OCL Chapel Road 7-a-side League which takes place on Thursdays, starting in May.

There is also a Futsal League planned for the spring at Oldham Sports Centre — the exciting game played indoors with a smaller, heavier ball that puts the emphasis on skills and technique.

OCL also run half-term football camps for children, and they offer football coaching at Chapel Road

every Monday 4.30 to 6pm and at Oldham Sports Centre on Fridays 5-7pm.

For more details about any of these activities please contact Anthony Pauls on 0161-683-0745

NEXT WEEK

It's the Week 8 weigh-in, the penultimate check on our volunteers' progress