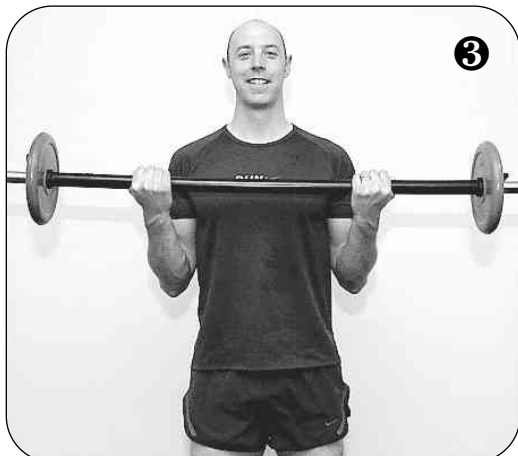
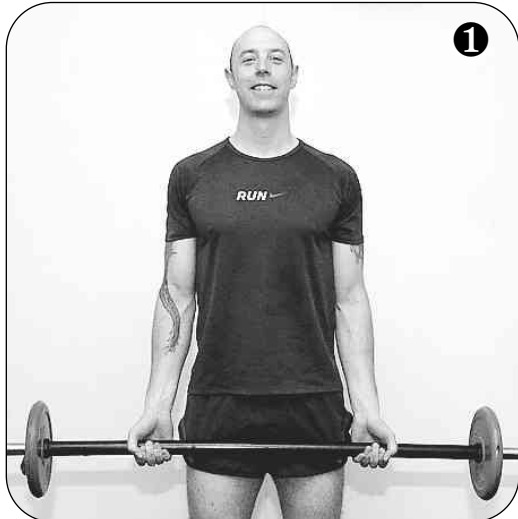


Get moving to health 

WORKOUT OF THE WEEK



IT'S week two of our new workout series and this week we go inside Lifestyle gym at Wellington Road, Greenfield.

Each week we shall be visiting local gymnasiums and health clubs in an effort to keep you up with the pace for a healthier and fitter lifestyle.

The healthy eating and exercise message was brought home to many readers during our recent "Get Moving to Health" programme in which 14 volunteers lost over 20 stone in 14 weeks and hundreds of others joined in.

It's Mick Sheehan at Lifestyle gym showing us the basic biceps curl with the free weights.

The secret is not to



have too much weight set on the bar and rely on the number of repetitions to enhance development.

Mick starts with the bar held with wrists pointing outwards (1) then gently curls (2) towards him (3) completing the biceps curl with the bar coming to rest at his chest (3).

It is important to control the return of the bar to the starting position rather than just letting your hands drop back down.

Lifestyle gym: 01457 871811

Feel peaky?

Try a spot of climbing!

BEING scared of heights is one of the things that often stops people attempting to try climbing as a sport.

Alan Keane was wary of reaching dizzy heights — but after conquering his initial unease is now leader of Oldham Climbing Club.

Climbing can be an exhilarating sport — building strength, social links and taking in stunning views in picturesque settings across the great outdoors.

And the climbing club, set up by Alan and his wife Gaynor a year ago, offers the perfect introduction.

More than 40 people are members of the climbing club, working with up to six instructors, and Alan in particular is looking to get families to join so they can enjoy the activity together.

The club is part of Energise's Passport to Outdoor Pursuits scheme,

by **RICHARD HOOTON**

supported by partners Oldham Community Leisure, Oldham Primary Care Trust and Groundwork Oldham and Rochdale, who have helped supply volunteers, lend a minibus and help find funding.

The scheme aims to help with weight management through physical activity and boost people's mental health.

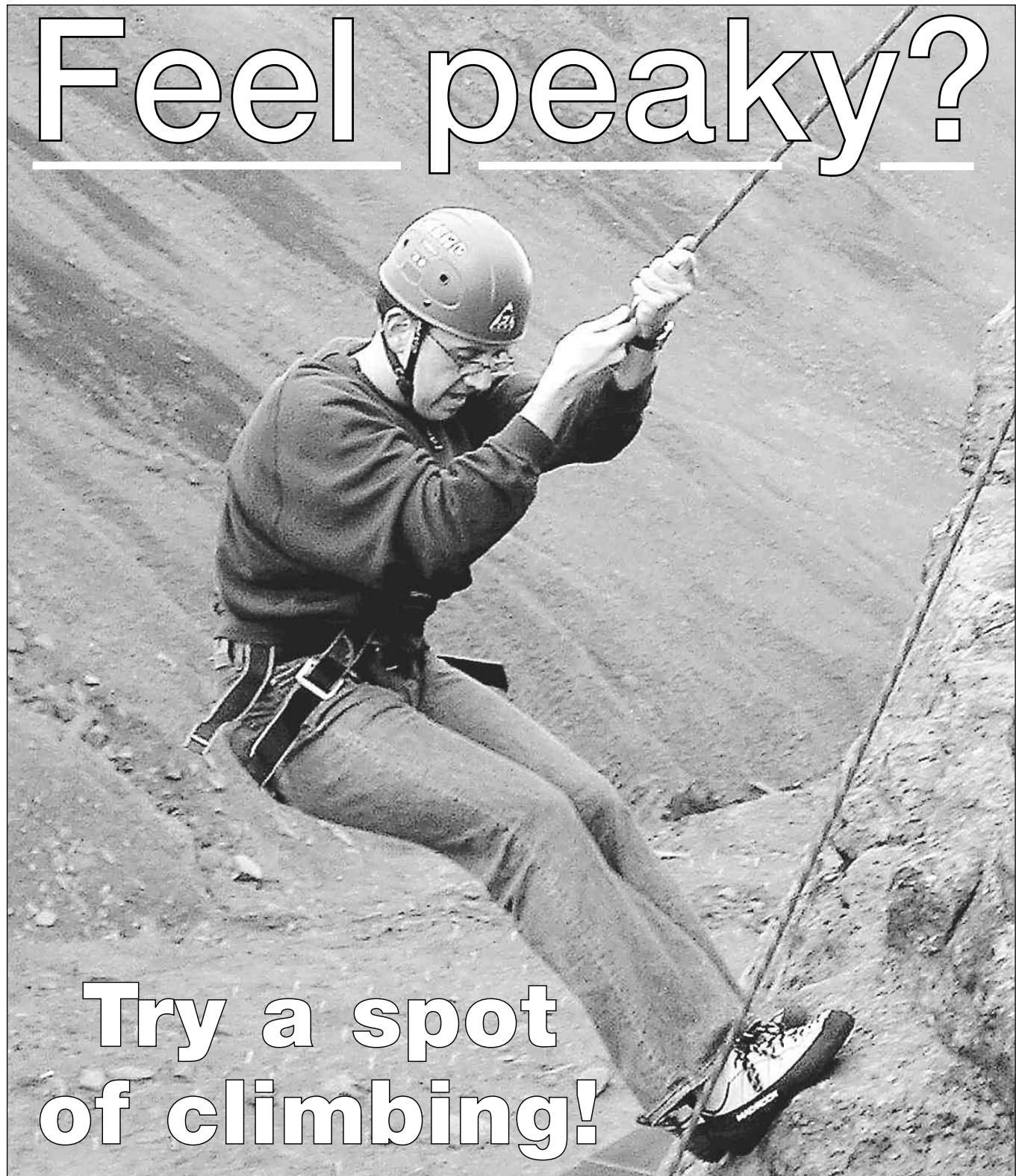
Scared

Members are given awards as an incentive and the club is affiliated to the British Mountaineering Council.

Alan said: "A lot of people say they are scared of heights and I am.

"But once you realise the safety and equipment involved and do it correctly, it's safe.

"It's one of those where it appears you will never get anywhere but with people's




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help it's quite accessible. It's really good for upper body strength and balance and you are aware of your centre of gravity. It's the old thing of being

out there and climbing and getting to places you never knew existed.

"The views can be spectacular. It's quite an addictive thing to do climbing."

WHAT IT COSTS

THE climbing club can provide initial equipment for indoor climbing. Basic equipment includes climbing shoes from £50 to £70, harness £40+, belaying equipment £14 and chalk bag £12. Ropes can also be bought at £75+ and helmets from £25. £5 a year to join club, £2.50 for a session.

Paul Braithwaite Outdoor Sports, Rhodes Bank, Oldham, can provide all the equipment and offer a 10 per cent discount to members of Oldham Climbing Club.