

WELLFEST

NEWSLETTER



HealthPromotingSchools
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Explores the excuses that arise to avoid exercise.

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A beneficial article about the importance of being active.

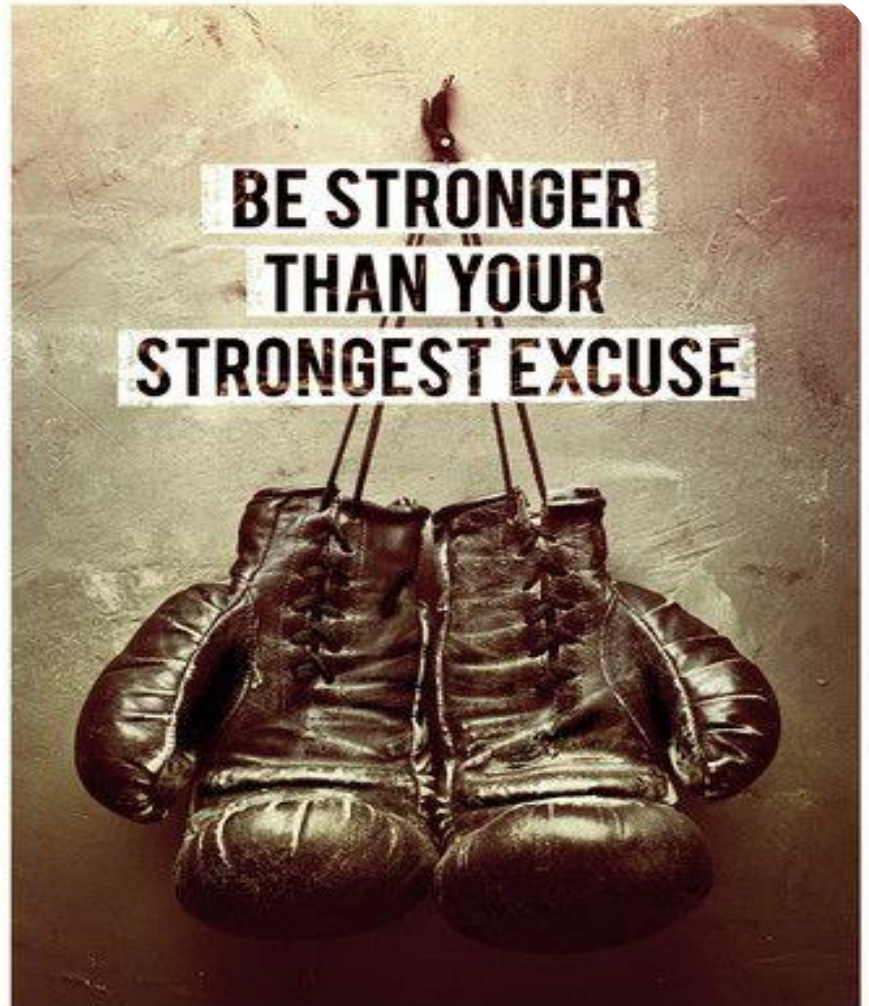
PG. 4

Feature Article:

How getting involved in sport and fitness activities can help with the transition from school to college.

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Motivational quotes about exercise, a link you should visit and a challenge to undertake.



“When I started college in UL, playing sport definitely helped me to make new friends and this eased the transition!” Jack Dunne



HEALTH PROMOTING SCHOOL

Welcome back! We hope you were inspired by last week’s newsletter and enjoyed making some small changes to your food plans. In this issue, we are focusing our newsletter on ‘Fight Exercise Excuses’. We feel this is a very important theme because many of us in 2019 have plans to “get fit” and “do more exercise”. Unfortunately, 9 times out of 10 it doesn’t happen. So we have put together a few pieces of information to try and put your excuses to bed and get more active at home, in school and in your community. We hope you enjoy Issue 2 and we welcome your feedback.

Áine Slattery (Chief editor) and Dylan Slevin (Contributing editor)

YOU CAN HAVE
RESULTS
OR
EXCUSES.
Not both.



EXERCISE EXCUSES:

Lack of motivation?

When someone hears the word 'exercise' they instantly think of a 6km run or a full body workout in the gym. That's not the case. From what we can see, exercise is done every day by every single person in this school. I see 500-600 people walking from class to class everyday. **THAT'S EXERCISE!!** People say they can't be bothered going for a run or a walk but there's no point in sitting down on social media everyday, is there? We can't force you into going for a walk or a run once or twice a week, but we can try and persuade you.

Lack of time?

Another silly excuse is "I've no time". We believe that's the worst excuse of all. If you have time to go meet your friends or go to parties, then you can fit in 30 minutes of exercise. But some people don't actually have the time!! Like men and women have to go to and from work, go home feed their family and more, but we feel young people shouldn't have excuses at a young age. Phones, computers, TVs and tablets are ruining us so we pose a challenge to you; why not try for an hour or two each day to not go on any social media and do something active?

Not fit enough?

Some people may not be as fit as others, but that's no excuse. Everyone should do what they can and it's never too late to start! Laziness is the real problem here. Remember, no matter how slow you go, you're still lapping people on the couch!



Download the App **Moment**: See how much time you're spending on your phone!!

Maybe it's time to rethink your phone use!



GET ACTIVE !!

**“DON’T WISH FOR
A GOOD BODY,
WORK FOR IT!”**

Exercise should be a natural part of our daily lives. Making a change like walking, jogging or cycling to school, even if it’s only 1 or 2 times a week, will improve your health immeasurably. The fresh air can work wonders for developing brains and of course, exercise is great for your mind and body. A good place to start is trying to avoid or limit your time on social media. There has been much coverage on the news about the unhealthy amount of time that adults and young people spend on tablets, video games and, of course, phones. Get out of the house for a walk to places like Portumna Forest Park, the park in Borrisokane, the school walkway, Knockshe Hill, the athletics track or to the hurling field. All of these facilities are free of charge and right on our doorstep.



Cian Darcy: The Hurling Star

Q1. Why do you exercise ?

A: "For my health, to get my body in shape and I suppose for my overall fitness."

Q2. How often do you exercise ?

A: "I train 2 times a week, gym 3 times and on Sundays usually we have a Tipp match. My days off are either Thursdays or Saturdays."

Q3. When do you think the best time to exercise is ?

A: "Depends really, if I have a busy schedule in the day time then the evening time is when I train or go to the gym but if I have a day off I like to go in the mornings and be up early and feel good for the day."

Q4. What other things do you do other than go to the gym ?

A: "If I'm not in the gym I love to swim, play golf and play a bit of snooker to keep me going instead of doing nothing."

Q5. What do you do to motivate yourself to exercise ?

A: "I set goals for myself and I always aim to reach those goals and motivate myself, and if or when I do reach them, I feel good about myself."

Q6. Do you think having an excuse for not being able to exercise is a good or bad thing ?

A: "Bad thing. Because if you have an excuse for not doing exercise then you'll have an excuse for not doing anything in life."

Q7. How would you encourage other people to do more exercise?

A: "By running with best friends or group sessions. I'd also encourage them because it's good for the mind and if sport isn't for you I would encourage people to try out other ways to keep fit maybe yoga, bootcamp, spinning or pilates".

Q8. Do you think that you would be where you are today if you didn't exercise ?

A: "No, exercise is the most important thing in my life as I exercise 6 out of 7 days a week and due to all my training and practice that's how I've reached my goals. It also helps you to concentrate more in lectures and gives you more energy for studying."



Jack Dunne: The Soccer Star

Featured Article

Q1. Why do you exercise ?

A: "The same reason why everyone does, to get fit, to be active and because I enjoy it."

Q2. How important is it to you to exercise ?

A: "It's key, especially in soccer as it's a fast moving sport and your constantly moving, no stop and go."

Q3. How often do you train or exercise every week ?

A: "Including gym and training probably about 6 times a week at the most"

Q4. Do you think there's such a thing as too much exercise ?

A: "Depends who you are, if you're someone who is constantly training and playing matches then no, but if you're someone who might do an odd run or walk then maybe but again, depends who you are."

Q5. Where do you think you'd be today if you didn't exercise ?

A: "If I'm honest, I think I'd be at home watching Home & Away on my couch, not gonna lie."

Q6. Do you think a healthy eating plan is important while exercising ?

A: "Definitely, if I didn't eat healthy I don't think I'd be up to speed or be as fit as what I am now so yeah, a healthy eating plan is vital."

Q7. Do you think you would've gotten this far in your career without training and exercise ?

A: "Probably not, if I didn't put in the effort in training or doing my own fitness I wouldn't be playing soccer and going to the gym 6 times a week. I would also find it hard to study as my head wouldn't be as clear so it helps in every way!."

Q8. How would you try to get younger people to do more exercise?

A: "I'd encourage younger people to get up and be more active by trying new things like sports"

Q.9 Was the transition from school life to college life difficult?

For me it was fine as I play sport and I was able to join college teams and make friends. I would encourage everyone to join a club or society as this is a good way to make friends and if you're not sporty to think about trying something new in college maybe dance or zumba or other sports. There really is something for everyone."



“
 Health is not a 'gift' but
 something each person is
 responsible for through his or
 her own daily effort. ”

See if a 7 year old girl can try and persuade your excuses:
<https://www.youtube.com/watch?v=I5xZLLvhyF4>

YOU WERE BORN WITH
 POTENTIAL.
 YOU WERE BORN WITH
 GOODNESS AND TRUST.
 YOU WERE BORN WITH IDEALS
 AND DREAMS.
 YOU WERE BORN WITH
 GREATNESS.
 YOU WERE BORN WITH WINGS.
 YOU ARE NOT MEANT FOR
 CRAWLING, SO DON'T.
 YOU HAVE WINGS.
 LEARN TO USE THEM AND FLY

Rumi

“
 EXERCISE IS A
 CELEBRATION OF WHAT
 YOUR BODY CAN DO.
 NOT A PUNISHMENT FOR
 WHAT YOU ATE.
 ”



An easy 10 minute workout to use daily!

1 month glow up challenge

Monday	Tuesday
20 squats	25 squats
20 second plank	30 second plank
15 russian twists	20 russian twists
30 jumping jacks	35 jumping jacks
20 crunches	25 crunches
16 lunges	20 lunges
10 knee pull-ins	15 knee pull-ins
20 butt kicks	25 butt kicks
Wednesday	Thursday
30 squats	35 squats
45 second plank	55 second plank
25 russian twists	30 russian twists
40 jumping jacks	50 jumping jacks
30 crunches	25 crunches
26 lunges	20 lunges
20 knee pull-ins	15 knee pull-ins
30 butt kicks	35 butt kicks
Friday	The Weeknd
35 squats	Rest. You deserve it
60 second plank	girl, keep on going!! 🔥
30 russian twists	
40 jumping jacks	
20 crunches	
20 lunges	
15 knee pull-ins	
30 butt kicks	

