INSPIRED BY THE GAMES TO LEAD AN ACTIVE LIFESTYLE

Campaign reaches out across community to make 2014 the year we all get up and go

NHS Greater Glasgow and Clyde has joined forces with the Evening Times, Glasgow Life and sportscotland to launch Active 2014 – an ambitious and high tempo campaign to mark this Commonwealth Games year.

As the enthusiasm and excitement builds in the run-up to the 2014 Games the campaign is inspiring people of all ages and backgrounds to become more active and get involved in great fun events or adopt personal activity goals.

The Active 2014 campaign is reaching into schools, workplaces, individual family homes and communities. It aims to offer something for everyone – whether it be getting toddlers more active or helping the older generation enjoy the benefits of a more active lifestyle.

Linda de Caestecker, NHSGGC Director of Public Health, said:

“Working with our partners, Active 2014 is demonstrating just how much is available in this very special Commonwealth Games year, to help us all get more active and take that all-important first step.

“This is not about running marathons or hitting the gym seven days a week. This is about taking small but vital steps to increase levels of activity, whether you are already active or if you are not active at all.

“So as the Commonwealth Games athletes begin their final intensive training to take home the gold, I urge you to take that first step to a more active life and take home your own prize – the prize of better health.”

For up to date news and information about NHS Greater Glasgow and Clyde visit our website www.nhsggc.org.uk
The Evening Times has campaigned for many years to help improve the health of Glasgow’s citizens.

We are delighted to be working in partnership with NHS Greater Glasgow and Clyde, Glasgow Life and sportscotland on the Active 2014 campaign which aims to encourage all of us to make small lifestyle changes which can hugely benefit health in the long and short term.

Not everyone is going to run marathons or pump iron, but doing things like taking the stairs at work instead of the lift or walking to the shops can still make a difference.

Glasgow also has some incredible facilities available from top class gyms to world class swimming pools. We want to encourage the public to make use of these premises which are on their doorsteps.

Working together we can make Glasgow healthier than ever and have a bit of fun along the way.

Tony Carlin - Evening Times Editor

Just yards from the bustle of the city, the Forth and Clyde canal offers peaceful way to get out and about

By Angela McManus

As a heron lands on the bank and tucks in its wings, a hush descends on the opposite side of the canal. Apart from the sound of other birds singing, the only noise is the clicking of cameras.

On a sunny spring morning, a group of about 20, mainly pensioners, have been walking along the towpath of the Forth and Clyde Canal from Lambhill to Maryhill.

Catching sight of the wildlife on the water is just one of the highlights.

It is so quiet here you’d never imagine

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TAKING A WALK ON THE WILD SIDE

Happy Stroll...

This intrepid band of walkers enjoy the delights of the Forth and Clyde canal.

On the Wild Side... Just yards from the bustle of the city, the Forth and Clyde canal offers peaceful way to get out and about
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that we are in the middle of the city. Just a few hundred yards away, cars and lorries thunder by on Balmore Road but down here it is another world: butter-coloured daffodils dance in the morning breeze and the sun sparkles on the water.

The group meets every Friday for these one-hour walks along the banks of the canal, and the benefits are obvious.

“It’s good to get out in the fresh air. We are out in all weathers but we’ve been lucky, the weather has never been too bad,” says Rebecca Lavery, who leads the walk with John Reilly. “The walks are great for your health and most people come out for the company too.”

The group gathers at Lambhill Stables, next to the Scottish Wildlife Trust’s Possil Marsh wildlife reserve, and heads off on different routes along the canal for a one-hour walk every week.

“We started a few years ago and it has been going strong ever since,” adds Rebecca, from Lambhill. “Today we’re walking along the canal to Maryhill, passing Ruchill golf course. Sometimes we see the swans and other wildlife along the way.”

To help local people get healthy, Scottish Canals has been working with Glasgow City Council and invested £750,000 in the 35 miles of towpath network, increasing visitors by 15%.

As we make our way along the northern edge of the canal, snaking through Lambhill, cyclists and joggers pass by. The estate of new houses on one side and a towering electricity pylon on our side of the bank are the only reminders we’re so close to a residential area.

Anne Gray, from Lambhill, has brought along Macey, her daughter’s dog on today’s walk. “I’ve not been coming on the walks for long, just for the past few months,” she says. “I came down myself one day and thought I’d give it a go. I’ve had health issues, I’ve got problems with my breathing, and I thought this would be good for me. I feel so much better after being out in the fresh air.”

She is in step with Sheena McCafferty, from Cadder, who only started walking with the group recently.

She said: “I read about the walks and just wanted to get out and meet people. I thought for health reasons the walks would be good too. I enjoy the company, the fresh air and meeting everyone. We always have a good laugh.”

To find out more about walking routes along the canal, visit www.scottishcanals.co.uk.

Lambhill Stables has also produced booklets highlighting heritage-focused walking routes.

Ronnie Ritchie and his wife Martha, originally from South Africa and now living in Milton, have found the group is a great way to get to know Glasgow.

Martha says: “Walking is good for the mind and the soul and gives you the chance to meet new people. A friend who goes to the same choir, and the same gym, told me about this group, so I started coming with her. Now I’ve dragged my husband along with me too and he enjoys it as well.”

The ethos of the walking group fits perfectly with the Evening Times year-long campaign to improve the health of Scots in the year of the Commonwealth Games and build a lasting legacy of wellbeing.

The message of this campaign is that even the smallest of changes in lifestyle can make a huge improvement in health.

“Whether you are tackling them by boot or bike, the towpaths of Scotland’s canals offer a fantastic venue for leisure and exercise,” agrees Alasdair Smart, Lowlands waterway manager for Scottish Canals.

“With the Commonwealth Games coming to the city, there couldn’t be a better time for the people of Glasgow to take some simple and easy steps to get active.”
THE EYES OF THE WORLD ARE ON GLASGOW 2014

The Commonwealth Games are almost upon us and the excitement is really building in Glasgow and indeed across Scotland. The eyes of the world will be on the city as the very best of athletes provide inspiration to millions.

Inspiring people to lead more active, healthy lives has been a priority for Glasgow Life since the charity was formed in 2007. We have made great progress, reaching out to all sections of the community, and the Active 2014 campaign has helped us build on our success. Continuing to work in partnership with NHS Greater Glasgow and Clyde, the Evening Times, and sportscotland will only strengthen our efforts to make a real difference to the lives of Glaswegians.

This is the summer of sport for Glasgow and this special edition of Health News gives just a flavour of how people of all ages and abilities can get active through Glasgow Life. We would require many more pages to highlight all that’s on offer across the city – and in some of the world’s best facilities.

After all, when the athletes leave after the Commonwealth Games, these phenomenal facilities will remain for future generations to enjoy.

COUNCILLOR ARCHIE GRAHAM, CHAIR OF GLASGOW LIFE AND EXECUTIVE MEMBER FOR THE COMMONWEALTH GAMES

Need some inspiration to get fit and healthy? Dougie Johnston is just the man.

The 59-year-old has recovered after suffering a double heart bypass last May. A year after life-saving surgery, Dougie is now fighting fit and puts his renewed health and fitness down to his love of swimming and walking. Since the operation he has swum the equivalent of a 26.5 mile marathon and walked 440 miles.

The East Kilbride man’s remarkable recovery featured in the Evening Times in April as part of our Active 2014 campaign. The success story also coincided with the launch of a free swim offer at Glasgow Club pools throughout April for every Evening Times reader. The aim was to motivate and inspire people young and old to get active and access the fantastic Glasgow Club facilities in their communities.

Dougie is a regular at Glasgow Club Tollcross, which will host the swimming events at this summer’s Commonwealth Games, and jumped in at the deep end back in 2005 when he had seven stents inserted to improve his heart condition.

He said: “I took up regular swimming, which helped me lose weight and improve my overall health. I was fine for eight years, but last Easter instead of swimming 40 lengths an hour I could only manage two.

“When I experienced unusual sensations in my chest I went straight to the hospital where scans showed I needed a double heart bypass operation.

“This came as a shock as I considered myself relatively fit.”

He had surgery on the same day as his 30th wedding anniversary. The best present his wife Margaret could have was a husband on the way back to good health.

Dougie said: “I wasn’t allowed to do any exercise until November but I’m now back swimming for 45 minutes, doing 30 50-metre lengths.”

As well as swimming, walking has also helped his recovery and he has covered 403 miles since the operation, taking it at a steady pace of just one and a half miles a day.

He said: “Swimming is brilliant, it works out the whole body in one exercise. Now I’m back in the pool three times a week.”

DOUGIE SWIMS BACK TO FITNESS

TAKING THE PLUNGE... Dougie Johnston.
It’s time for your kids to enjoy this summer of sport, activities and fun

IT’S the summer of sport in Glasgow - and the perfect time to introduce your child to the many activities on offer across the city.

Glasgow Life has a jam-packed summer holiday programme for youngsters of all ages, with many activities free or discounted with a Glasgow Kidz Card (GKC) or Glasgow Young Scot Card (GYSC).

Special Wee Sports Sites have also been created to celebrate the Commonwealth Games - and get local communities more closely involved with Glasgow 2014. Based at six Glasgow Club venues (Castlemilk, Drumoyne, Donald Dewar, Easterhouse, Pollok, Springburn), the Wee Sports Sites will offer free activities, sports sessions, and Commonwealth-related classes from July 25 until August 3.

Introducing your child to sport at a young age has many advantages. It teaches them how to interact with others, improves their coordination skills, keeps them fit and active, encourages good time management, stops them being bored and broadens their world. Your child may even go on to become the next Sir Chris Hoy or Katherine Grainger – who knows?

Glasgow Life run sports development courses all year long for kids. Pop down to your local Glasgow Club centre or visit www.glasgowlife.org/sport and see the amazing programme lined up for children. During the summer holidays there is even more on offer to keep youngsters happy and occupied in a safe environment.

Summer Holiday Activity Programme

Glasgow Life’s activity programme runs from June 30 until August 8 and guarantees the summer holidays are full of fun. From specialised sports training sessions to multi-sports activities, there is something to suit children of all ages. Most of the offering is free or discounted with your Glasgow CONTINUED ON NEXT PAGE
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Kidz Card (GKC) or Glasgow Young Scot Card (GYSC) so take advantage of this fabulous summer of sport.

- **Club 511** - A two hour fun session where kids aged 5-11 can try a variety of activities including sports, games, arts and crafts and much more. Glasgow Club venue: Donald Dewar. Times: Tuesday, Thursday and Friday 2pm–4pm.
  Cost £1.75 per session or FREE with GKC.

- **Glasgow Kids Club** - The focus is fun, fun, fun in these five hour sessions which are a mix of games, sports and activities for children aged 5-11. Glasgow Club venues: Glasgow Clubs Castlemilk, Crownpoint, Drumoyne, Easterhouse, Gorbals, Holyrood, Maryhill, Milton, Springburn, Whitehill. Times: Monday–Friday 10am–3pm (12pm–1pm supervised lunch). Cost £35 per week or £30 with GKC, or £8 per day (no Kidz Card concession for daily rate). Glasgow Club Gorbals; Tuesday to Friday (4 days) £28 per week or £24 with GKC, or £8 per day.

- **Pool activities** - Have fun with pool inflatables, flume sessions and discos. Children under 8 years must be accompanied by an adult, supervising adults pay normal swim price. Glasgow Club venues: Castlemilk, Drumchapel, Easterhouse, Gorbals, Pollok, Springburn.
  Cost £1.75 per session or free with GKC (except rookie lifeguard sessions - £4.10 or £3.85 with GKC / GYSC).

There are also a range of summer camps throughout the city where kids can be inspired to excel in the following sports: Athletics, Badminton, Basketball, Football, Gymnastics, Swimming Lessons, Tennis and Trampolining.

Keep up to date with what’s going on by calling 0800 027 0470 or visit the website [www.glasgowlife.org.uk/sport](http://www.glasgowlife.org.uk/sport)
IT’S not long now until the eyes of the world turn to Glasgow for the Commonwealth Games. The excitement is certainly building and when the first athletes walk onto Celtic Park for the opening ceremony on July 23 it will undoubtedly be another defining moment in Scottish sport.

I am confident that Glasgow will put on a show to remember, but for sportscotland and the Scottish Government, the Games themselves are not just about 11 days of competition.

It is about capitalising on the Games to deliver a sporting legacy for Scotland by developing a seamless world-class system for sport from grassroots to clubs to our performance athletes – and we are already on track to achieve this goal.

The Active 2014 campaign is an excellent way of highlighting the importance of people of all ages and abilities getting more involved in sport and physical activity.

LOUISE MARTIN CBE, CHAIR OF sportscotland

HELPING YOUNG TO LOVE THEIR SPORT

GETTING children active and involved in sport can make a major difference to the long-term health of the nation.

As the national agency for sport, sportscotland is working with the Scottish Government, local authorities, and other partners to help implement key programmes which will help get young people engaged in physical activity. Jacqueline Lynne, sportscotland’s Head of School and Community Sport, is right at the heart of this process and will be outlining the progress which has been made so far at an upcoming conference.

The event – Healthier CONTINUED ON NEXT PAGE
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Choices, Healthier Lives: Redressing the trend of poor diet and inactivity – will be held in Edinburgh on June 25.

It will bring together key stakeholders to discuss the efforts which are being made to deliver lasting health improvements in our communities.

Creating a clear pathway from school sport to club sport to performance sport has been a distinct objective of sportscotland over the past four years, and significant strides have been made.

£11.6m is being invested by Education Scotland and sportscotland from 2012-13 to 2015-16 to support schools deliver high quality learning experiences in PE.

This funding is helping local authorities to meet the ambitious targets set by the Scottish Government, that every primary school pupil will receive a minimum of two hours per week of PE and S1 to S4 pupils will receive at least two periods of PE. In 2013, 89 per cent of schools were meeting the target.

In addition, the investment has also been used to assist in improving the quality of PE lessons, by investing in training for teachers to enhance their skills and confidence.

“PE in school is a crucial long-term investment as physical activity improves health, educational attainment, and life chances,” Jacqueline said.

She added: “As we continue to improve the standards of PE in our schools, that in turn helps to connect with our Active Schools Network, clubs, and the wider community to help maximise the positive benefits of sport and physical activity.”

The Active Schools Network is this year celebrating 10 years of providing more and higher quality opportunities for children and young people across Scotland.

Over the past decade, Active Schools co-ordinators have recruited and supported a network of volunteers and coaches which has successfully increased participation.

The latest figures show that in 2012/13 pupils made 5.1 million visits to activity sessions – a 13 per cent increase from the previous year.

In addition, the number of activity sessions delivered was 270,000 (a 12 per cent increase), with children having the opportunity to take part in over 100 different activities.

It is also extremely encouraging that the number of people delivering Active Schools supported sessions has significantly risen in the past year to over 19,000 people, with 85 percent of them unpaid volunteers.

Key to the success of the programme is the partnerships between organisations, bodies, and individuals, including PE staff, Sports Development Officers, and local sports clubs.

They all work together nationally and locally which has helped Active Schools become part of the fabric of school life.

Jacqueline said: “As we move towards the Glasgow 2014 Commonwealth Games, it offers another fabulous opportunity to motivate and inspire children and young people to participate in sport and physical activity.

“By supporting the delivery of programmes such as Young Ambassadors and Fit for Girls, Active Schools is already helping us to achieve the sporting legacy from the Games.”

However, perhaps the most crucial development in shaping the country’s sporting landscape over the past couple of years has been the involvement of young people in the decision-making process.

The Young People’s Sport Panel, a joint initiative between sportscotland and Young Scot, provided detailed input into the creation of the Scottish Government’s Youth Sport Strategy.

By engaging with young people across Scotland, it is starting to encourage a lifelong participation in sport, which, in time, will have a big impact of the health of the nation.
COPS ON THE RUN

Ewen and Lynne get in training to join the police team that will protect the Queen’s Baton on its 5000 mile journey around Scotland en route to the Games in Glasgow.

BY ANGELA McMANUS

THE facts and figures of the Queen’s Baton Relay make impressive reading: a 248-day journey around the globe to 70 countries.

When it arrives in Scotland it will pass through the hands of 4000 baton bearers as it travels nearly 5000 miles, from Edinburgh and Hawick to Ayr, Dundee, Aberdeen and Kirkwall.

If you feel tired just reading about the distances, spare a thought for the team of police officers who will accompany it for the 40-day trip around Scotland, running the equivalent of a half marathon every day with the emblem of the 2014 Games.

Running in teams of six with a baton bearer, the super-fit officers will be on the move for four or five days in a row with two rest days before hitting the road again, and jogging into Celtic Park for the Commonwealth Games opening ceremony on July 23.

“It’s a real honour to be involved,” says Ewen Logie, 34, from Stewarton, who normally works behind a Pitt Street desk.

Along with Lynne Steel, 37, from Stranraer, Ewen will be part of a team of nearly 40 officers who will spend long days on the road. Hand picked from more than 800 hopefuls, they have spent recent months in training.

“We’ve been doing a lot of specific training because there will be lots of different levels of fitness among the baton bearers,” says Ewen. “There may continue on next page

ALL IN THE LINE OF DUTY... Ewen Logie and Lynne Steel will join the police protection team as the Queen’s Baton travels 5000 miles around Scotland on its way to the Commonwealth Games opening ceremony in Glasgow.
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be people who are elderly or disabled, or there may be schoolkids, so you’ve got to gauge your pace and work with the team to run at that same pace.

“We’ve had guidance from the physical education instructors at the Police College in terms of how our bodies might react.”

After being inspired by the Olympic Games, Ewen decided to exercise every day between the end of London 2012 and the start of Glasgow 2014 to raise money for SportsAid Scotland.

So far he has raised £2500 after taking part in everything from rugby matches to triathlons, and got behind Fit for 14, a Police Scotland project that has seen officers setting themselves fitness goals to be achieved by August.

“The start of the Commonwealth Games is the end date of it all, so being part of the Queen’s Baton Relay team is a fantastically fitting finale for my challenge,” he says.

The QBR team is fundraising for charity Over The Wall, providing free activity camps to help children with life-limiting illnesses. Several officers on the team are making the most of their fitness to undertake exercise challenges which will make a difference to the children.

Meanwhile Lynne, a black belt in kickboxing and a keen runner, is proud to accompany the baton through her home town.

The crime reduction officer, from Newton Stewart police office, says waving to her two young children in the crowd will be a highlight of the journey around Scotland.

Running 13 miles a day at baton bearer pace rather than training pace has meant changes in training for officers involved.

“Some people run three marathons a year but they might have to train at night as well as they have to prepare for that change in speed,” says Lynne. “It will be quite difficult.”

Eating correctly for the demands of the role is another consideration.

Lynne said: “We were advised to eat more brown rice and wholewheat pasta for energy, as well as multigrain bread and to think about our water intake - things we do anyway but just to be more aware when we’re running every day.”

Lynne laughs that she’s lucky - she only has to run rather than think of the logistics of the operation.

Police organisers of the baton relay are preparing for 40 separate operations, one for each day of the relay, with an early start each day reviewing the previous day’s operation and looking forward to the day ahead.

“The excitement will build as the baton visits every local authority area before it arrives in Glasgow for the final three days of an epic journey,” says relay operational commander Superintendent Stewart Carle.

“We will work with our colleagues in local divisions, other blue light services, Glasgow 2014 and local authorities to keep the baton and spectators safe while the baton bearers enjoy their moment in history.”
VOLUNTEERS GET ACTIVE TO BEAT DIABETES

IN March 2014 Glasgow saw the launch of a highly ambitious Beat Diabetes campaign at the city’s Scotstoun Stadium.

That was the day more than 60 people diagnosed with type 2 diabetes in the past two years decided to take up our challenge and offer of support to Get Active and beat the condition!

There is no cure for diabetes but the condition can be kicked into touch and blood sugar levels restored to normal levels with the help of exercise and other lifestyle changes including diet.

NHS Greater Glasgow and Clyde teamed up with the Royal College of Physicians and Surgeons to put together a programme that would deliver motivational events and supported fitness regimes.

The volunteers rolled up in their droves and more than 60 patients and NHS staff took up the challenge to sign up for the 2014 Commonwealth Games Diabetes Challenge.

All around the Commonwealth some of the finest sportsmen and women are hard in training for the big event... in a parallel process our volunteers are in training to beat their diabetes.

Our diabetes challenge activists have been getting motivational support, personal physical activity plans and free access to local authority gym and leisure facilities.

Doors have been opened to them to take part in new activities in the world-class Glasgow 2014 Commonwealth Games venues. Doctors, nurses and dieticians who work in diabetes services are also providing motivation, advice and support.

Glasgow’s Public Health director Dr Linda de Caestecker explains how diabetes can be beaten: “Evidence shows that by making changes in your daily routine you can manage your diabetes to the point where you may be able to reduce your need for medication, lose weight, lead a healthier life and live longer. We hope that this group of people who want to get more physically active in the run-up to the Commonwealth Games CONTINUED ON NEXT PAGE
can inspire many others to take on this same challenge.

“Being more physically active is as important in being healthy as any high technology medicine or drug treatment. We’ll be there to support the participants every step of the way and I’m thrilled that so many have taken the opportunity to sign-up to this important initiative.”

Dr Frank Dunn, President of the Glasgow Royal College of Physicians and Surgeons of Glasgow, said: “We are determined to provide a health legacy from the Commonwealth Games and this project fits the bill perfectly. Throughout our 415 years, part of our College’s mission has been to improve the health of the people of Glasgow and this provides an ideal opportunity, especially during such a prestigious time for the city. We will be able to show the world that Glasgow is committed to excellence in supporting sport and improving the health of the people of this great city.”

Debbie Houston, 46, from Erskine was one of the first participants to sign up to the Challenge. Debbie said: “I was diagnosed with type 2 diabetes five years ago. Thankfully I’ve managed my condition well enough so far to avoid medication and I’m taking part in the challenge to ensure I keep it that way. As Chief Executive of Dales Cycles I also want to practice what I preach and be an ambassador for health, wellbeing and generally being active. The Beat Diabetes Challenge delivers everything I need to get more active, stay motivated, improve my diet and access specialist diabetic medical support in a one-stop shop and I’ve grabbed this opportunity to improve my health and diabetic status with both hands.”

And Evelyn Glass, Specialist Rehabilitation Nurse based in Renfrewshire, also saw this opportunity as a real chance to be part of the Games Health Legacy.

Evelyn said: “I took the decision at Hogmanay that 2014 would be my year. I turn 50 in December and really want to turn my health status around after being diagnosed with type 2 diabetes four years ago.

“When I heard about the Beat Diabetes Challenge I knew it was just what I needed. I’ve already started to make small changes but what I need now is that push to do more and the support this initiative is offering is amazing.”

A series of motivational and exercise try out sessions will run until the conclusion of the programme. Participants have already tried out jogging at one Commonwealth Games venue - the Scotstoun Sports Centre running track - and next month will see them try out peddle power at the Emirates Sir Chris Hoy Velodrome.

DEBBIE and Evelyn have some fun at the launch.

DEBBIE and Evelyn have some fun at the launch.
Before our Diabetes Challengers got out of the starting blocks they were treated to an inspirational address by elite British Olympic cyclist Denise Hampson in Glasgow’s prestigious Royal College of Physicians and Surgeons in the city’s St Vincent Street.

Denise gave a tremendous talk to get everyone in top form and confident of making a real difference going forward.

She was a member of the Great Britain Track Cycling Team between 1999 and 2004, and a full-time professional athlete for two of those years.

Representing both Great Britain and Wales at World Cups, Sprint Grand Prixs, European Championships and Commonwealth Games she became the the British women’s Sprint Champion and British Record Holder (record now held by current Olympic Champion, Victoria Pendleton).

Denise is a passionate advocate for sport and all the tremendous benefits sport can bring to learn life lessons, build self confidence and strengthen communities.

She explained that she was driven by two factors, the ability to achieve something that money can’t buy, and the opportunity to prove people wrong when they said she couldn’t do it.

Her motivational address delivered the drive for our 60 volunteers to push on and make a personal difference that would help them take control of their diabetes condition.

LET’S GET PHYSICAL IS MESSAGE FOR STAFF

MORE than 38,000 NHS staff in Greater Glasgow and Clyde are benefiting from an exciting campaign to help them get more physically active.

NHSGGC has launched Active Staff, a campaign open to every member of its workforce offering them access to a wide range of activities both within the workplace and near where they live.

Dr Linda de Caestecker, NHSGGC’s Director of Public Health, explained: “This summer, the eyes of the world will be on Glasgow as we welcome some of the world’s top sportsmen and women.

“We want to ensure that our staff have all the support and encouragement they need to turn this enthusiasm into action and take those all-important first steps to getting more active.”

Through Active Staff, the health board has developed a programme of activities for its main sites, tailored to what staff want—whether that be running or walking clubs on sites with spacious grounds, or indoor activities such as Metafit or zumba.

Active Staff is also making easier for staff to take part in some of Scotland’s best known mass participation events, such as the Great Scottish Run and the Men’s 10k with local training programmes and ‘first timer’ discounts.

And for those in need of a bit more support to get started, there’s an opportunity to have a one to one consultation to see a Live Active advisor to discuss their activity levels and set personalised goals.

The Live Active scheme, until now only available to patients referred by their GP, gives staff advice and support to help them become and stay physically active. They also have an opportunity to meet new people and try a variety of activities at their own pace in their local leisure centre.
Judy serves up an ace day for the kids

TO a group of nearly 60 spellbound primary pupils, Judy Murray offered some insights into what it takes to make a Wimbledon champion.

Who knew swingball, sushi, Milky Bar desserts and Percy Pig sweets would all play a part?

The games that Scots tennis star Andy Murray played when he was young and the food he still likes to eat today were among the tasty morsels revealed by Judy.

There was only one sigh of disappointment from an enraptured boy when he court to play tennis, just plenty of enthusiasm.

Judy, who was tennis coach to Andy and her other son Jamie, was at St John’s Primary, near Lanark, to encourage youngsters to play tennis.

On a makeshift court in the playground with a knee-high net and sponge balls they hit the ball back and forth across the net under Judy’s expert eye.

The message was loud and clear: you don’t need a tennis court to play tennis, just plenty of enthusiasm.

Judy said: “It’s important to me that the success of Andy and Jamie and the profile of tennis in Scotland allows us to grow the game and give a lot more youngsters and adults the opportunity to try tennis.

“It’s not every village or town that has tennis courts, but to come into the schools and show them how to use the space they have in the playground or the gym to set up little mini tennis courts with sponge balls and small rackets gives them a little bit of an idea of what it’s all about.

“To get the chance to try tennis is huge; you never know which children might just get really sparked by that and want to go and join a class.”

Importantly, it also shows teachers and parents that you don’t need lots of space or money - a piece of rope strung across two chairs and a sponge ball and kids can play with their hands.

St John’s Primary has only

SUPER SERVICE ... Andy Murray’s mum Judy with some of the kids she inspired at St John’s Primary in Blackwood.

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BY ANGELA McMANUS

discovered that when Andy was at school he liked maths.

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Importantly, it also shows teachers and parents that you don’t need lots of space or money - a piece of rope strung across two chairs and a sponge ball and kids can play with their hands.

St John’s Primary has only
three classrooms and when the games were over the children got the chance to ask Judy about her champion sons.

"I love doing this kind of thing," she said. "Kids ask questions about what Jamie and Andy were like when they were young and you are able to say to them: 'They were kids in a primary school just like you. So you don't know where you will end up. If you work hard and believe in yourself nothing is impossible. Try hard, work hard and enjoy yourself."

St John's Primary is being rebuilt on its current site with pupils expected to move in after the summer holidays.

When the new building was being planned staff and pupils decided that instead of numbering their classrooms they would like to name them.

After a competition it was decided the three classes should be named after Scottish Olympic gold medallists: Andy Murray, Glasgow-born rower Katherine Grainger and cyclist Sir Chris Hoy. As well as offering tennis lessons, Judy visited the school to represent Andy and to see his classroom.

Encouraging children at the earliest age to be active can have life-long health benefits, according to Judy. That matches perfectly the thinking behind the Evening Times Active 2014 campaign.

She said: "We are in an age where with this generation of children research shows they are likely to live five years fewer than any other generation because of physical inactivity.

"If physical inactivity was considered a disease then we would have an inoculation against it and would be doing something about it.

"We have to give kids opportunities to be able to play, but give them things they will enjoy doing."

She believes more needs to be done to improve facilities at a time when awareness of tennis is so high. A lot of public courts are in disrepair.

"We still have a lot of towns and villages that don't have tennis courts," she said. "That is why days like today are important, where the team from Tennis Scotland and coaches from the local clubs come and show the teachers how they can deliver a fun tennis session in the playground using the things you have.

"I would like to see us have a lot more public courts to let people try and build the game. We have a role model now and the kids want to try it."

JUDY passes on some coaching tips to the youngsters.
GET READY FOR THE GAMES

Two new ‘SuperGyms’ open for business

TWO massive ‘SuperGyms’ have been opened in Glasgow to help keep people active during the summer.

Glasgow Club, which operates the biggest network of fitness facilities in the UK, has introduced mammoth training areas filled with state-of-the-art equipment at its sites in Bellahouston and Gorbals. The gyms boast significantly more Technogym equipment to ensure that customers can stay active and healthy while some Glasgow Club facilities are temporarily handed over for the Commonwealth Games.

Bellahouston Super Cardio Gym launched on Tuesday June 17 and, covering over 1,000m², it is officially the city’s largest gym. The Bellahouston venue already boasted a top class upstairs training area, with a 550m² space featuring fixed resistance machines, functional Kinesis stations, free weights, barbells, dumbbells and a functional training balcony.

A second gym area has now been added downstairs, covering 480m² and offering the very latest training equipment. There are an extra 54 cardio machines to choose, seven more Kinesis stations, and a range of dumbbells, barbells and workout equipment.

Since launching in January the Glasgow Club Gorbals SuperGym has become a firm favourite with its members.

FIT TO GO... since its launch in January the Glasgow Club Gorbals SuperGym has become a firm favourite with its members.

Jean Hawthorn, who lives on the south side of the city, exercises six days a week at Gorbals. The 58-year-old said: “I’ve been using the facilities at Glasgow Club Gorbals since it was just the small upstairs gym and the SuperGym has made a world of difference. The equipment is fantastic, there is so much space, and there’s a great atmosphere at Gorbals that I haven’t found anywhere else.

“That’s testament to the staff, who manage the gym extremely well and make it a place you want to visit. The number of gym users has increased since the SuperGym opened, and everyone from the staff and customers to the cleaners are really friendly. I do weight training and use the Olympic platforms, but the gym has so much equipment that there is something to cater for everyone’s fitness goals.”

The Glasgow Club Gorbals SuperGym is also packed with the latest and best in Technogym equipment. The venue is home to a unique Omnia Rig – a newly-developed station which offers an all-round strength and conditioning workout for the whole body. Glasgow Club Gorbals became the first gym in Scotland to introduce an Omnia Rig, which has been hailed as a revolutionary piece of equipment by fitness experts.

Highly-trained gym instructors are on hand in all Glasgow Club gyms to provide guidance and tips, and are happy to design programmes to suit the needs of gym users and keep people motivated. With 42 cardio machines, 14 fixed resistance machines, along with free weights, kinesis stations, lifting platforms, dumbbells and barbells, there is something for everyone at Glasgow Club Gorbals - whether you just want to tone-up, build strength, or train for an event.

Opening times were also recently extended at Glasgow Club Gorbals so gym users have even more time to exercise in this great facility. Times are: Mon - Fri: 6.30am*-10pm  (*pool opens 7am) and Sat & Sun: 9am-4pm – so there really is no excuse not to stay active!

While at Glasgow Club Bellahouston, the opening times are: Mon-Fri: 6.30am-10pm; Sat: 8am-6pm; and Sun: 9am-8pm.
GET YOUR GAMES FACE ON
30 DAYS OF FITNESS FOR £20.14

Be part of the summer of sport with the Glasgow Club. Join in June and get a 30 day membership for just £20.14* No contract, no fuss. Look great, feel great!

UNLIMITED Gym, Classes, Swimming, Bootcamp, Running at ALL our clubs.

*Plus, if you join us in June and take up a Direct Debit 12 month membership you pay no joining fee and nothing until 7/08/14.

0800 027 0470 0141 287 8931 glasgowclub.org/offer
Glasgow Club makes it easy to keep fit and active this summer

GLASGOW Club - Scotland’s largest network of health and fitness facilities - has unveiled a masterplan to keep people active during the Commonwealth Games.

As the city prepares to welcome the world in five weeks’ time, Glasgow Club will temporarily hand over seven of its venues to be used for competition events during the Glasgow 2014 Games. However, months of planning has ensured that customers can still access all their regular facilities and fitness classes in local venues, including some of the city’s community sites.

The opening of the new SuperGym in Gorbals in January, followed by another in Bellahouston on June 17, will be a huge boost in helping fitness enthusiasts maintain their routine for the duration of the Games. The SuperGyms are the biggest and best in the city, and are kitted out with top of the range TechnoGym equipment for a complete workout.

Glasgow Club has also launched a fantastic great value offer to inspire people to start a summer fitness regime. Join anytime in June and get a 30 day membership for just £20.14. No contract, no fuss – and access to all Glasgow Club venues. The special deal delivers unlimited gym sessions, fitness classes, swimming and spaces with the running network.

A few Glasgow Club venues will close to the public by the end of June: Emirates Arena, Glasgow Green and Hockey Centre, Ibrox, Kelvingrove Lawn Bowls and Tennis, Scotstoun

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Teaming up at Sport in Glasgow seminar to hit new heights

GLASGOW clubs will team up at a special free seminar being held by Glasgow Sport on Monday, June 23.

Representatives from sports clubs all over the city will attend the ‘Sport in Glasgow’ event at Toryglen Regional Football Centre. Presentations will be delivered to give sports organisations valuable information and advice on current programmes, and to also raise awareness of activities leading up to and during the Commonwealth Games. Advice will also be given on how clubs can boost their profile and recruit and train volunteers.

Guests from Drumchapel Tennis Club and North Glasgow Football Development will provide an insight into their clubs and how they have prepared for the Games. With a huge surge in interest in sport anticipated post-Glasgow 2014, the seminar is an ideal opportunity for club leaders and volunteers to share ideas on how to meet demand. It will be an ideal opportunity through networking to identify and discuss key issues pertinent to each particular club, with a view to ensuring that everyone works collectively to create a legacy for sport in Glasgow in which clubs remain at the forefront.

The event runs from 6.30pm-8pm (registration with tea/coffee from 6pm) and is being staged again following positive feedback from last year’s successful sports seminar. Organisers have even made arrangements for World Cup matches to be screened on the night to ensure nobody misses out.

Meanwhile, Glasgow Sport’s Football Development team will host their third annual coaching education weekend at Toryglen at the end of June. The special event is on Friday 27, Saturday 28 and Sunday 29 June. Following on from last summer’s success, coaches from all levels of the game will be able to access courses at the centre. Sessions are available for coaches working with children’s, youth or adult teams - and even budding goalkeeping coaches.

Six courses will be running over the three days and there are up to 90 places available for people aged 16 and over. To book a space or for more information visit call 0141 287 3610 or email: csg.football@glasgowlife.org.uk

Glasgow Sport runs a range of development programmes throughout the year to support coaches and volunteers. These cover a wide variety of sports and participants are also given assistance to secure funding towards courses. Training can vary from a two-hour workshop to a five-day course depending on the choice of sport. Glasgow Sport officers also offer the city’s clubs support in a variety of ways to help them not only strengthen their foundations but develop for the future.

For more information on how Glasgow Sport can support you or your club phone 0800 027 0470 or visit: www.glasgowlife.org.uk/sport
Helping your workforce to get active and stay active is much easier than you think.

NHS Healthy Working Lives (HWL), Scotland’s national health agency for health improvement, is dedicated to helping employers keep their staff fit – for free.

Teams of HWL advisors can work with your business to give advice, resources and the tools to create opportunities for your staff to become more active.

It doesn’t matter whether yours is a small business or an international conglomerate, HWL has something to offer your business.

Lisa Buck (pictured right), Health Improvement and Inequalities Manager at Healthy Working Lives said: “With so much enthusiasm and excitement building for Glasgow 2014 there is no better time to harness all this positivity and we are here to help employers understand how best to engage with their workforce and have the greatest impact in protecting and improving their health.”

“We provide advice and services for employers in putting in place health, safety and wellbeing policies and practices.

“Last year 2.5 million working days were lost in Scotland due to ill health and workplace accidents costing Scottish businesses more than £180 million.

“Having healthier and more motivated employees can result in reduced sickness absence and increased productivity.

“We want to help you to ensure that your employees stay in work and are physically and mentally fit.”

The HWL team have also produced a free Physical Activity Resource Pack which is packed full of useful information and ideas for workplaces that will help them in making their staff more active.

To find out more about how HWL can help your business or to request a free Physical Activity Resource Pack please go to www.healthyworkinglives.com or freephone 0808 019 2211.

One company that has used Healthy Working Lives and the Physical Activity Resource Pack to keep their staff active is Allied International Credit (AIC).

AIC recognised five years ago that as an employer they had a duty to support and encourage their employees to lead a healthy lifestyle.

Jillian Paxton, from the HR Department at AIC says: “The Healthy Working Lives programme provides an easy to follow framework for employers to run, including information campaigns, activities and manager training. It also ensures policies and procedures are targeted towards employee wellbeing and most importantly are clearly communicated to staff.

“Our involvement with Healthy Working Lives has developed strong engagement with employees and our designated Employee Wellbeing Committee and we have large numbers of employees participating in our events throughout the year. Feedback from employees is always positive in response to the events and much of the feedback shows positive lifestyle choices being maintained.

“AIC has also been able to observe positive changes in employee absence with less short term sickness being reported and feedback from managers is that our employee wellbeing activities has improved employee engagement and performance.”

The physical activity resource pack has enabled AIC’s Wellbeing Committee to plan some great events for 2014, kicking off with Commonwealth Big Fit Walk, the summer walking club and the office games which started with a limbo challenge this month.

This year AIC ran the UK Tour stair climb challenge where employees were challenged to climb tall UK buildings and 18 participants took part in the challenge.
Non – active staff can cost your business money
NHS Healthy Working Lives can help you get your staff active for **FREE!**

It’s simple to get involved, you will receive advice, tips, tools, resources and support to help you get your employees more active.

- Pedometer loan scheme
- Stair climbing packs
- Weigh in at work packs
- Quit smoking packs
- Check my lifestyle – BMI measuring tools

**Why should you get involved?**
To improve productivity, decrease absenteeism and create a positive corporate image without spending a penny.

**So what are you waiting for?**
Contact us to find out more about how Healthy Working Lives can help you.

**Call our free advice line on 0800 019 2211**
or visit [www.healthyworkinglives.com](http://www.healthyworkinglives.com)
HOW TO FEEL BETTER AND LIVE LONGER!

MARY ALLISON, Head of Strategic Planning at sportscotland, has spent most of her career exploring the benefits of sport and physical activity to our quality of life. Having worked with the NHS in a number of roles for 10 years, much of Mary’s work now focuses on the long-term vision for sport in Scotland. Here she examines why having some ‘active fun’ matters.

It’s no secret that our bodies were designed to move. When we move around on a frequent basis and avoid sitting for long periods of time we get better body composition, better lipid profiles, better blood flow, greater insulin sensitivity, healthy glucose tolerance, enhanced endothelial function, greater bone density – the list of benefits goes on and on as more and more evidence gathers.

Having a body that is in better shape on the inside prevents many of our major killers, such as heart disease, cancers (especially colon and breast cancer), strokes, diabetes, and obesity.

We now know that active people live, on average, 7.2 years longer than people who are not active. The cost of this inactivity, in Scotland alone, from just five of the major CONTINUED ON NEXT PAGE

EXERCISE... scientific evidence just keeps growing for the benefits to our health
Sports clubs bring people together which benefits their wellbeing.

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diseases is £94 million a year.

Looking after our body by being routinely active also means we not only live a longer life but we live longer and in better health. We have better functioning as we get older, we have a reduced risk of falls and fractures and perhaps last but definitely not least, we simply feel better. That feeling alone can be a huge motivation to get up, get out and get on with things!

This ‘feel good’ factor we get when we are active is explained by changes in the chemicals in our brain, being distracted from other everyday stresses and strains (time out), being with other people and doing activity together, feeling good about ourselves when we learn something new or achieve a personal goal (ran further or faster, learn a new skill or lose a little weight).

Sport is a huge variety of physical activities; some are solitary, some very social, some can be done at a slow pace or a fast pace, some are more about strength, flexibility or balance.

Whatever age, wherever you are, the chances are there is one that suits you. Be it a walking group, an early morning swim, swinging a golf club, running with friends, joining a basketball or football team, playing bowls, climbing mountains, paddling rivers, or riding a bike. And you can get involved in different ways that all offer opportunities to be active.

Doing the sport itself as a participant is likely to bring many of the physical benefits, but coaching, volunteering and officiating are also great ways to get actively involved. Lifting and carrying sports kit for others or walking about a field as a judge or marshall can often be as active as the sport itself – and you get all the fun of being part of it!

At sportscotland our goal is to create a world-class sporting system that benefits everyone in Scotland. We want to support our young people to get a solid physical education (PE) that will set them up for life. We work with Education Scotland and invest in PE to make this possible. We also invest in the Active Schools Network, which coordinates thousands of activity sessions (delivered by 17,000 volunteers) before, during, and after school every day of the week.

We do this because variety, choice and ease of access to try sports is really important for young people. When young people find a sport they really enjoy the network supports them to link to local clubs.

Working with Scottish Governing Bodies of Sport and local authorities, sportscotland supports this network of 13,000 sports clubs across Scotland. Investing in facilities from the Sir Chris Hoy Velodrome to changing rooms at a local football pitch, supporting coaches that work in jogging networks or with Olympic athletes, we use our investment and our expertise to help make sure there are opportunities for everyone in great spaces led by great people. We know that the good quality opportunities are ones that meet your needs, for the level and way in which you want to be involved.

For our athletes in Team Scotland in Glasgow this summer, sportscotland has been the team behind the team, making sure the right support has been there for athletes every step of the way.

Working with partners, we strive to make sure that same world-class quality environment is there at every level in sport – from schools, to clubs, to high performance. We know that getting this right matters as we strive for a fairer and healthier Scotland.
UNLEASH YOUR SPORTY SIDE

THERE ARE HUNDREDS OF WAYS TO GET INTO SPORT, PLAY, COACH OR VOLUNTEER, THE OPPORTUNITIES ARE HERE:
SPORTSCOTLAND.ORG.UK/UNLEASH

#sportyside

Your Health News

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