



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

INFORMATION BOOKLET

The Purpose of this Booklet:

This booklet has been developed as a guide to support you to do the Men on the Move physical activity programme. You may also find it a useful source of health information.

Safety First!

Check with your GP before attempting any of the exercises featured in this booklet if you:

- Have a health problem, or
- Are worried about any aspect of your health, or
- Are not used to physical activity.

All exercises featured in this booklet are done entirely at your own risk.

Your Local Sports Partnership:



**Mayo Sports Partnership
Community & Enterprise
Mayo County Council, Castlebar, Co. Mayo**



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www.facebook.com/MayoSportsPartnership



twitter.com/MayoSportsPship



www.mayosports.ie

Acknowledgements:

This booklet is based upon the Mayo, Men on the Move booklet that was designed in association with the Erris Men on the Move Group. We would like to acknowledge the work of Michelle Healy [leader] and Pdraig Brogan [Belmullet, Men on the Move Group]. This booklet also draws from literature produced by the Carlow Men's Health Project¹, the Irish Heart Foundation², the Irish Cancer Society³ and the Food Safety Authority of Ireland⁴. This booklet was prepared by Dr Paula Carroll, Centre for Health Behaviour Research, Waterford IT with support from the Men on the Move partners.

1 Carroll P. (2013). Men's Health Matters: A practical Guide to Healthcare for Men. Waterford: Centre for Health Behaviour Research, Waterford Institute of Technology.

2 A Man's Guide to Heart Health. Dublin: Irish Heart Foundation. Available at: http://www.irishheart.ie/open24/heart-health-leaflets-t-14_239.html

3 Manual for Men. Destination Health. Dublin: Irish Cancer Society. Available at: <http://bit.ly/healthofmen>

4 Healthy Eating and Active Living from Adults, teenagers and children over 5 years: A Food Guide for Health Professionals and Catering Services'. Dublin Food Safety Authority of Ireland. Available at: <http://www.drugsandalcohol.ie/17715/>



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What is Men on the Move?

Men on the Move is a physical activity programme that is aimed at adult men to get them active, have fun and improve their fitness levels. It involves twice weekly activity sessions that are leader led. You don't need to be fit to take part; the physical activity sessions are structured so that you can find the level appropriate for you to join and progress your fitness at a pace that suits you!

What do I need to wear?

- Wear a **tracksuit/jogging bottoms** and a **t-shirt/sweat shirt**. Jeans are uncomfortable when doing physical activity and when wet.
- Wear **layers**. It may be cold some nights but you will warm up quickly so a couple of layers are much easier than one big jumper.
- Bring lightweight, **waterproof** top and bottoms in case of rain.
- Wear **trainers/runners** to all sessions.
- Bring a **bottle of water** to all sessions.

How do I know if I am working at the right pace?

- If you can talk while you are doing physical activity you are probably moving at a pace that is right for you.
- If you are too breathless to talk you should slow down.
- If you can sing while doing the physical activity you may not be working hard enough so you should pick up the pace.



Get up! Get out! Get going!



Get up! Get out! Get going!

Why get physically active?

Regular physical activity can prevent and help prevent different health conditions including heart disease, stroke, diabetes, a number of cancers, osteoporosis and depression. Physical activity also helps you to reduce stress, improves your sleeping, builds up your bone and muscle strength and helps you to control your weight.

However, too many men in Ireland are not doing enough physical activity to have good health. Some reasons for this are:

- Many men use their cars more than they walk or cycle.
- Some men stop doing sport when they feel that they can no longer do it competitively.
- Many men find it hard to get time when balancing their work and family life.

The latest figures show that 70% of men in Ireland are either overweight or obese.

So how much physical activity is enough?

People should do 30 minutes of activity five times a week [see Page 4 for information on what pace is good for you}. Activity can be anything from walking the dog to doing something more structured such as going to the gym or doing the 'Men on the Move' programme.

So what physical activities can I do?

Aim to do a little activity most days of the week either on your own or with someone else. Making just a few small changes to your everyday routine can make a big difference to your health. You can choose from the examples listed below:

- Wash your car by hand every week,
- Play active games with your children,
- Take your dog for a walk,
- Cut the grass and dig over the flower beds,
- Play video games that get you moving, such as Wii Sports or Kinect,
- Walk to the bus or the train and jump off a stop or two before your destination,
- Use the stairs rather than the lift.

Get up! Get out! Get going!

Ten reasons for you to be physically active any way, anywhere...

1. **Energy.** Activity helps to give you more energy and helps you to be more alert.
2. **Metabolism.** You burn more energy as a result of being active, so it's great for maintaining or losing your weight.
3. **Mood.** Activity creates the “happy hormones” which makes you feel good.
4. **Concentration.** Activity helps to re-focus your mind and improves the quality of your work and how much work you do.
5. **Stress.** Activity can help to relax your mind and body and helps to reduce the build up of tension.
6. **Strength.** Regular activity helps to keep your bones and muscles strong including your heart.
7. **Health.** Regular activity can help to improve your quality of life. It can help you to reduce the risk of developing diseases such as heart disease, stroke, obesity, diabetes, a number of cancers, anxiety and osteoporosis.
8. **Immunity.** Activity boosts your immune system, helping to stop you getting ill.
9. **Self-esteem.** Physical activity can help you to develop skills, build confidence and feel more in control of your life.
10. **Social life.** Doing activities in teams, clubs or leisure centres is great for meeting people and can help you meet new friends.



Functional Fitness



Functional Fitness

What is functional fitness?

We usually associate the term **physical fitness** with people who play sports like gaelic games, rugby, athletics etc. Depending upon the sport, sports people will need to develop various types of physical fitness. The footballer will need to develop **speed** in order to beat opponents in the chase for the ball. The rugby player will need to improve **strength** in order to be successful in scrums. **Power** is a key component for the high jumper, while **flexibility** is important to prevent injury.

Most of us, however, need to be fit to get us through daily life with ease. This type of fitness is called **functional fitness**. The components of functional fitness are:

1. Muscle strength
2. Joint mobility
3. Aerobic fitness
4. Stretching

Muscle strength

Please get your 'Men on the Move' physical activity tutor to demonstrate the exercises before attempting them.

Muscle strength keeps you strong as you get older; it helps you to grip, push, pull, lift, climb, get you from sitting to standing and help you get back up if you fall over.

Here are some strength exercises that can be done on a daily basis to help build your muscle strength:

- Calf raises
- Squats
- Lunges
- High knees
- Front raise
- Side raise
- Overhead raise
- Press ups



Functional Fitness

Joint mobility

Please get your 'Men on the Move' physical activity tutor to demonstrate the exercises before attempting them.

Good joint mobility gives you a range of movement allowing you to bend, reach, twist and turn.

Here is a list of mobility exercises. Aim to do these even a few times a day:

- **Head:** Stand straight, slowly turn your head from side to side.
- **Shoulders:** Stand straight, start by rolling your shoulders in small backward circles and slowly make the circles bigger. Then slowly roll your shoulders forward, again starting small and slowly making the circles bigger.
- **Trunk:** Stand straight with your feet hip width apart, place one hand on top of the other on your chest bone, keeping your elbows high. Slowly, turn your shoulders to one side until you feel a mild stretch on your waist. If you can, continue to turn until you are looking behind you and lift your heel as you continue to turn. Slowly return to facing forward and repeat the movement on the other side.
- **Hips:** Standing straight with your feet hip width apart and feet flat on the floor, make circles with your hips in one direction and then repeat the movement in the other direction.
- **Knees:** Standing straight, lift one knee at a time to march on the spot. Initially, start with a low lift and work towards bringing your knee to hip height.
- **Ankles:** Hold on to something for balance e.g. the back of a chair. Lift one foot off the ground and with a pointed toe, start to make small circles in one direction with your foot. Then slowly reverse the direction of the circle.

Aerobic Fitness

Please consult your 'Men on the Move' physical activity tutor about which level of intensity is most appropriate for you.

Aerobic fitness allows you to move at pace without getting out of breath. It is achieved by doing aerobic activities on a regular basis. Aerobic activities are done at an intensity that challenges your heart and lungs to work harder and these can be either a **moderate intensity level** or **vigorous intensity level**:

Moderate intensity level: activities include fast walking, swimming, dancing or water aerobics.

Vigorous intensity level: activities include jogging, aerobics, basketball, fast swimming and fast dancing.

Functional Fitness

Stretching

Please get your 'Men on the Move' physical activity tutor to demonstrate these stretches before attempting them.

To warm up and cool down from being active, it is important to stretch. Stretching helps our joints to move, enhances the effects of being active and can also help to prevent injury. The stretches listed here should be held for approximately 10 seconds. Holding stretches for slightly longer can help improve flexibility e.g. 20-30 seconds.

How will I know if I am stretching properly?

When you perform a stretch correctly, you will feel **mild discomfort** in stretched muscles. **STOP** if you feel pain or a stabbing sensation.

Chest stretch

- Stand straight with feet wider than shoulder width apart and knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms of your hands facing forward.
- Stretch your straight arms back as far as possible.
- You should feel the stretch across your chest.



Upper back stretch

- Stand straight with feet wider than shoulder width apart and knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.



Functional Fitness

Shoulder stretch

- Stand straight with feet wider than shoulder width apart and knees slightly bent.
- Bring your right arm across your chest, parallel to the ground.
- Bend your left arm up and use your left forearm to ease the right arm closer to your chest.
- You will feel the stretch in your shoulder.
- Repeat with the other arm.



Side Bends

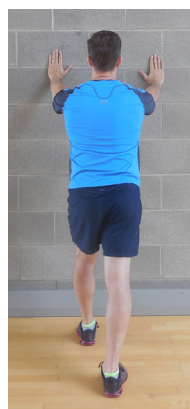
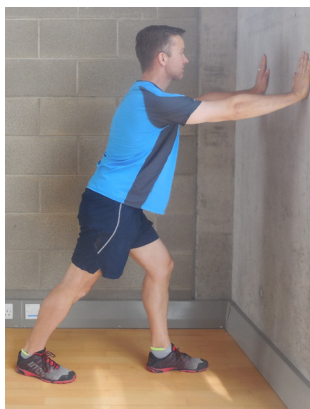
- Stand straight with feet wider than shoulder width apart, knees slightly bent and hands resting on your upper thighs.
- Bending from the hip, slowly lean to one side and run your hand down the side of your leg. Come back to standing straight and again, bending from the hip, lean to the other side.
- You will feel the stretch in the side of your body that is moving upwards.
- Please note that you should not bend forwards or backwards when leaning to the side.



Functional Fitness

Calf Stretch

- Stand straight, feet shoulder width apart with one foot about a foot in front of the other.
- Place your hands flat against a wall at shoulder height.
- Keeping your back leg straight, ease it slowly further away from the wall keeping your heel pressed firmly against the floor.
- Keep your hips facing the wall and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Repeat with the opposite leg.



Adductor Stretch

- Stand straight with your feet approximately two shoulder widths apart, feet facing forward.
- Bend the right knee, keeping your hips facing forward, your back straight and the soles of your feet on the ground.
- Use your arms to balance you on the thigh of the bent leg.
- You will feel the stretch on the inside of the straight leg.
- Repeat with the left leg.



Physical Activity Log



[illegible]

Physical Activity Log

[illegible]

Physical Activity Log

[illegible]

Real Men Don't Eat Quiche



Real Men Don't Eat Quiche

Getting the balance right when you are eating is not always easy. We can have a 'grab and go' attitude to food and this can affect our health. Eating healthy foods can reduce our chances of getting many cancers, diabetes, osteoporosis, depression and metabolic syndrome – which is linked to obesity, diabetes and heart disease. Healthy eating is also very important to give us the nutrients and energy to work, play and get the most out of living!

A lot of men are not aware of the links between the food they eat and their health. Some men simply see food as fuel as they do not know about food and how it works. Also, your partner may be the one who buys and cooks the family meals so you may not have control over what you eat.

Men can see healthy eating and dieting as a woman's thing and therefore 'unmanly'. So many men tend to eat too much meat, processed carbohydrates, fried foods and snacks that are high in fat, salt and calories. We know that 70% of men in Ireland are either overweight or obese and that this will have a serious effect on their health and well-being.

What is healthy eating?

There is a myth that a healthy diet means you can only eat small portions of tasteless foods. Healthy eating is not about depriving yourself of the foods you love. Healthy eating is about having a wide range of different foods.

Choose the right amount and type of fat. Eat foods lower in sugar and salt and most importantly it's about portion size and how much we eat.

See your practical tips on page 20 to help you start eating a healthier diet.

Just a few small changes to what you eat can make all the difference to your health. Knowing what foods to eat as well as which foods to limit are as important in helping you to have a healthy lifestyle. **It is essential for men to eat well to maintain their strength, virility, stamina and vitality for living.**



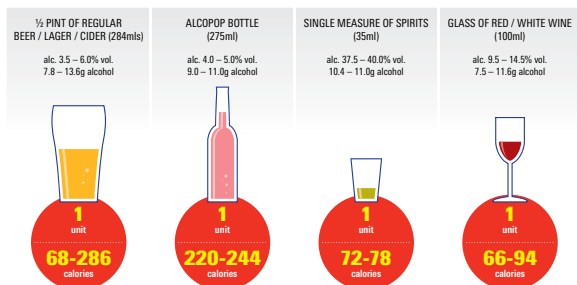
Real Men Don't Eat Quiche

Top Tips for *Better Nutrition*

1. Eat slowly and chew your food well.
2. Pick foods that are baked, roasted, poached or steamed.
3. Eat three meals a day. Eat breakfast.
4. Include vegetables or fruit at every meal. They also make a healthy snack.
5. Include a starchy food with every meal. Some examples of starchy foods are cereal, bread, potatoes, rice and pasta. A $\frac{1}{4}$ of your dinner plate is the ideal serving for starchy foods. Choose wholegrain varieties.
6. Eat fish twice a week. Choose oily fish, for example, mackerel, herring, trout, salmon, sardines and kippers.
7. Eat less fat, especially saturated fat. Saturated fat is found in butter, lard, suet, dripping, cream, mayonnaise, fat on meat, cakes, pies, pastries, buns, biscuits, crisps, fried food and meat products like sausages, black pudding and salami type meats.
8. Stop eating when you are full.
9. Drink 6-8 glasses of water each day as well as other fluids.
10. Drink alcohol in moderation – keep within the national guidelines of not more than 17 standard drinks each week and no more than 4 standard drinks in one day. Have at least 3 alcohol free days a week

One Standard Drink of alcohol is about equal to a half a pint of beer, larger or cider, a small pub measure of spirits or a small glass of wine.

Alcohol units & calories in standard drinks



Always follow your doctor's advice first if it differs from these guidelines.

For more information on alcohol check out www.yourdrinking.ie. **Alcohol is high in calories and can contribute to weight gain.** For advice on weight loss check out www.weight2live.safefood.eu.

Stress – A Male View

The most worrying thing about stress is that, even when people all around us may notice we're a bit wired, we often don't see it ourselves. Stress has an immediate impact, in that it influences how we interact with our friends, family and colleagues, and it can also cause long-term problems to our health so it's important to monitor stress levels.

Stress Checklist - Do you have any of these symptoms?

<i>Symptoms to look out for</i>	<i>Effects of stress on health</i>
Headaches	Bowel disorders
Not sleeping properly	Nervous indigestion
Feeling tired or forgetful	Difficulty swallowing
Mood swings	Rashes, allergies
Not being able to concentrate	Dizziness or blurred vision
Feeling tense, useless, worried or nervous	Hyperventilation, asthma, palpitations
Eating more or less than normal	Neck and back problems
Too much drinking or using drugs	Heart and artery disorders
Sexual difficulties	High blood sugar
Sweating more than normal	Ulcers

If you do, you could be experiencing stress. If you don't deal with stress over a long time, it could lead to more serious general health, mental well-being and relationship problems.

Stress is a common feature in the lives of many men in Ireland today. Many men want to reduce stress as a priority to improving their general health. Unfortunately, many men struggle with their stress alone and rely on bad ways of coping with it such as drinking more alcohol, smoking more cigarettes or gambling.

However there are many positive ways that you can use to support yourself to reduce the stress in your life. Try out some of the stress busting tips and check out the telephone numbers on page 23 of this booklet for further information or support. And remember, you are not the only person to feel stress and that you can take control of the level of stress in your life.

For information on mental well-being check out www.yourmentalhealth.ie.

Stress – A Male View

Top Ten Stress Busting Tips

1. **Work it off.** Doing exercise gives you energy and makes you feel better.
2. **Get enough sleep.** Rest is important to revitalise your body and mind.
3. **Keep it simple.** Take things one step at a time.
4. **Take time to relax.** Make time for yourself. Do something you enjoy such as listening to music, reading or meditating.
5. **Prioritise.** Review how you organise your time. Prioritise tasks, make lists and reward yourself for doing them.
6. **Be assertive.** Don't try to please everybody. Learn to say 'no'.
7. **Aim to eat healthy.** Eat lots of fruit and vegetables. Cut down on eating foods with a lot of fat [see top tips on page 20].
8. **Keep your mind active.** You can do this by playing cards, doing quizzes or researching something you are interested in on the internet.
9. **Get it all off your chest.** Talking to someone you trust can help your feelings of stress and anxiety.
10. **Accept the things you cannot change.** Try to recognize the things in your life that you have no control over and see if you can try to accept them.

For information on how to quit smoking ring the National Smokers' Quitline on FREEPHONE 1800 201 203 or check out www.quit.ie



Need Someone to Talk To

Want to Get Healthy and Need Support:

Irish Heart Foundation	01 6685001	www.irishheart.ie
Safefood	021 2304100 01 4480600 1850 404 567	www.safefood.eu
Irish Sports Council	01 8608800	www.irishsportsCouncil.ie

Mental Well-being:

Samaritans	116 123	www.samaritans.org
Mental Well-being		www.yourmentalhealth.ie
Mental Health Ireland	01 2841166	www.mentalhealthireland.ie
Aware	1890 303302	www.aware.ie
GROW in Ireland	1890 474 474	www.grow.ie

Drugs / Alcohol / Smoking:

HSE Drug and Alcohol Helpline	1800 459459	www.drugs.ie
Alcoholics Anonymous		www.alcoholicsanonymous.ie
The National Smokers' Quitline	FREEPHONE 1800 201 203	www.quit.ie
HSE Infoline	1850 241850	www.yourdrinking.ie

Suicide and Bereavement:

Console	1800 247247	www.console.ie
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Abuse and Domestic Violence:

Aoibhneas	01 8670701	www.aoibhneas.ie
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Other Numbers:

Men's Development Network	051 844260/1	www.mens-network.net
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The Men on the Move Partnership Network is represented by the:

- › Cork Sports Partnership
- › Donegal Sports Partnership
- › Dublin City Sports Network
- › Galway Sports Partnership
- › Health Promotion and Improvement, Health and Well Being Division, HSE [National and West]
- › Institute of Technology Carlow
- › Irish Heart Foundation
- › Kilkenny Recreation and Sports Partnership
- › Limerick Sports Partnership
- › Mayo Sports Partnership
- › Men's Development Network
- › Primary Care Services, HSE West
- › Waterford Institute of Technology
- › Waterford Sports Partnership



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