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New fitness programme to encourage beginners

PEOPLE living in the Bishopstown and Ballincollig areas are being encouraged to join a new fitness programme, which gets underway tomorrow.

The 'meet and train' initiative is being spearheaded by the Health Service Executive (HSE) South in association with Cork City and County Local Sports Partnership (CCLSP) and involves a new walking trail on the

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grounds of Cork Institute of Technology.

A spokeswoman for the HSE said the aim of the group was to encourage people who are new to exercise or would like to get fit as part of a group to get involved in activities.

Senior health promotion officer Shirley O'Shea said: "We are working with local communities and facilities to ensure there are specific activities

suitable for beginners and those with low fitness levels as it is all about offering an opportunity to get active, meet other people and socialise."

No previous experience of jogging or running is required, and participants will be able to choose a pace to suit their own level of fitness. The programme is open to men and women over the age of 16.

The group begins tomorrow and will meet every Tuesday thereafter.

Registration will be from 6.30pm and

signs will be clearly posted from the LeisureWorld roundabout in Bishopstown.

The cost of the programme is €15, which covers insurance and includes a free goody bag courtesy of Athletics Ireland. There will be a €2 fee thereafter for the training group and this will go towards the running costs of the group.

For further information, contact (021) 4665083 or (021) 4924741, or log onto www.cclsp.com.