

STAYING ACTIVE

The Newsletter of the SOTW Ballarat

Edition 1 – 8th September 2016

FROM THE EDITOR'S DESK

Welcome to the first edition of Staying Active, the newsletter of the Sons of the West Ballarat.

Once again congratulations to all 76 of you who graduated from the inaugural Sons of the West programs conducted at Sebastopol and Wendouree. I hope that you enjoyed the graduation evening and are wearing your hoodies with pride.

Building on the success of the program, a meeting to establish a Sons of the West Ballarat Committee was held on Wednesday 7th September with 13 people in attendance. The purpose of the committee will be to develop, promote and deliver a coordinated series of physical activity programs and social activities for Sons of the West Ballarat graduates, their families and friends. More details in relation to the structure of the committee will be provided shortly.

As discussed during the latter stages of the Sons of the West program and at the graduation evening, our first priority was to develop fitness programs to meet the needs of our graduates. We were very fortunate to have Warren, Tim, Lilly and Sean deliver the fitness component of the Sons of the West program and they recently got together and developed a range of fitness programs for you to consider participating in.

Whilst on the topic of physical activity, we are in the process of finalising the arrangements for our sports programs, including introductory golf, Sunday social golf and Jack Attack (lawn bowls). To complement all of this physical activity, our first social function will also be held in the very near future.

If you have any questions in relation to the Sons of the West Ballarat or wish to join the committee, please do not hesitate to contact me on 5331 6966 or email andrewm@sportscentral.org.au.

In closing, I look forward to seeing all of you participating in our Sons of the West Ballarat activities.

Andrew Milligan
Programs Manager – Sports Central

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FITNESS PROGRAMS

Below is a range of fitness programs for you to choose from and yes you are welcome to participate in more than one! You are also encouraged to invite family and friends to come along and join in the fun (please be aware that some of the programs are designed for men, as indicated in the program title).

Getting Active Gym Circuit

This gym based circuit is ideal for participants new to structured exercise or after a low to moderate intensity workout, with the option to increase the exercise intensity when you are ready. Sessions will vary week to week and will include forms of resistance training, aerobic exercise, mobility and balance. The sessions will be delivered by an Accredited Exercise Physiologist in the well-equipped Lucas gym.

Start Date: Thursday 22nd September

Time: 11:00am to 12:00pm

Program Dates: 22/9/16, 29/9/16, 6/10/16, 13/10/16, 20/10/16, 27/10/16

Venue: Ballarat Community Health Lucas – 12 Lilburne Street, Lucas

Cost: \$5 per session (BCH Exercise Group 12 visit pass card also accepted)

There is no need to book. You will need to complete a pre-exercise screening tool, which can be done on the day if you arrive 15 minutes early. For further information, please contact Warren Faneco on 5338 4500 or email warrenf@bchc.org.au.

Indoor Cycling for Men

Riding an exercise bike is one of the simplest, safest and most effective ways to improve your fitness, and the health of your heart and lungs. This is suitable for most men, however we recommend that you have clearance from your doctor before beginning any exercise program.

Our objective will be to build your confidence with indoor cycling and establish a regular habit of working out, which will help to improve your fitness and manage your weight. We'll have a short "Brownlow" presentation after the final ride, with the winner receiving four free tickets to the Regent Cinemas.

The sessions will be held on Tuesday and Friday evenings at 7:00pm. Each session will run for approximately 30 minutes and involve a bit of "huff and puff". You'll need a drink bottle and a hand towel.

All sessions will be delivered by Tim Graham (Personal Trainer from Sons of the West at Wendouree)

Start Date: Tuesday 20th September

Time: 7:00pm to 7:30pm

Program Dates: Tuesdays: 20/9/16, 26/9/16, 3/10/16, 10/10/16, 17/10/16, Fridays: 23/9/16, 30/9/16, 7/10/16, 14/10/16, 21/10/16, final combined ride: 28/10/16

Venue: Integrity Group Fitness Studios – 11 Unicorn Lane, Ballarat (between Unicorn Café and Commonwealth Bank at the corner of Sturt and Lydiard Streets)

Cost: \$40 for six sessions or \$55 for all eleven sessions. Fees are to be paid up front and are non-refundable, we want you to be accountable and regular!

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For further information or to book, please contact Tim Graham on 0437 587 558 or email tim@integritygroupfitness.com.au. There will be a short health screening questionnaire to complete on the first night.

Man Hour

This boot camp style work out program will include a variety of activities and equipment such as weight bags, battle ropes and some other fun things! It will be tough, fun and you will be proud of what you have achieved at the end of each session!

If you are looking to improve your overall fitness or need a challenge, then this work out program is for you! It will be best suited to participants with an 'active' or 'active advanced' level of fitness. Each session will last for approximately one hour, with plenty of recovery and stretching at the end!

All sessions will be delivered by Lilly Kerr (Personal Trainer from Sons of the West at Sebastopol and Wendouree), also known as the Iron Maiden!

Start Date: Saturday 24th September

Time: 10:30am to 11:30am

Program Dates: 24/9/16, 1/10/16, 8/10/16, 15/10/16, 22/10/16, 29/10/16

Venue: White Flat Oval – Humffray Street, Ballarat

Cost: \$5 per session or \$25 for all for all six sessions

For further information or to book, please contact Lilly Kerr on 0418 298 666 or email lillyk@macfilly.com. Prior to commencing this program, participants will need to complete an exercise screening questionnaire and have clearance from their doctor.

Men's Boot Camp

A boot camp style program, which will be delivered by Sean Weir (Personal Trainer from Sons of the West at Wendouree).

Start Date: Monday 19th September

Time: 7:00pm to 8:30pm

Program Dates: 19/9/16, 26/9/16, 3/10/16, 10/10/16, 17/10/16, 24/10/16

Venue: SWF 24/7 GYM – 109 Mair Street East, Ballarat

Cost: Free

There is no need to book, just show up! For further information contact, please contact Sean Weir on 0401 889 265 or email seanweirfitness@hotmail.com.

HEART FOUNDATION WALKING GROUPS

Our Heart Foundation Walking Groups continue to grow!

There are many ways to be physically active, but walking is the number one activity that most Australian adults participate in on a regular basis. Walking is so popular because it is suitable for people of all ages and fitness levels. Walking also has a very low risk of injury as it is low impact and doesn't require any special equipment or training.

Heart Foundation Walking is structured around organised groups as this complements the social aspects of walking.

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Days and Times: Thursdays at 5:00pm and Sundays at 10:00am

Meeting Point: Ballarat Yacht Club – Lake Wendouree

Simply turn up and join in with other Sons of the West Ballarat graduates, their families and friends. For further information, please contact Aaron Fowkes on 0432 288 237.

IN THE NEXT EDITION OF STAYING ACTIVE.....

- **Introductory golf, Sunday social golf and Jack Attack (lawn bowls) program information**
- **More details in relation to the structure of the Sons of the West Ballarat Committee**
- **The launch of our Sons of the West Ballarat Facebook page**



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