

#JubileeActive blog

September 2021

By David Longhurst

What does fitness mean for you?



Love it or hate it, it was National Fitness Day on 22 September and for some, fitness is a horrifying thought, but for others, they can't get enough of it.

So what does fitness mean to you? This blog discusses fitness for all and provides ideas and reasons to get started.

As part of National Fitness Day, UKactive are challenging people to think about what fitness means to them by using the hashtag #fitness2me. For myself, fitness is many, many things. It is a way of being a role model for my family and my colleagues



– it also gives me time alone and allow myself headspace.

Fitness allows me to socialise with my friends. It allows me to be competitive. It allows me to meet and be inspired by people. It is such a big part of my life and I am grateful for that. However, while carrying out my Occupational Health role I am aware that some staff members feel they do not have the resources, time or health for it to be a

part of their life. I would urge anyone who is not currently active to move fitness up their priority list, for so many reasons including those in this blog.

Whatever you think about it or currently do fitness-wise, there is increasingly more evidence that fitness is an essential part of a physically and mentally healthy life. Fitness can take many forms – from walking your dog to white water rafting; hoovering to home workouts; ping-pong to paddle-boarding and everything in between. No matter what form your fitness



takes, it should play a definitive role in your life.

For example, over the last year, fitness may have been a way of socialising in a safe manner with your friends or family. It may be a way of feeling good about yourself. It may have been a way to deal with the occasionally unbearable limitations which were placed upon us as a society in the last year. It may be a necessary tool to keep your mental health in check. It may be a way to forget about the usual stresses of everyday life. It may have simply been a way to get into work – however, please note that I do not paddle-board into work every day, tempting as that may be!

Fitness means being physically fit and healthy. Fitness can also be the ability to fulfil a particular job. In Occupational Health Physiotherapy this is something close to our hearts, which we look at on a daily basis. We often find that staff members who are active outside work tend to be more readily able to fulfil their role in work and less likely to have periods of sickness absence.

National Fitness Day started in 2011 and is currently run by UKactive, which is a not-for-profit membership organisation chaired by Baroness Tanni Grey-Thomson. It is an opportunity to highlight the role that physical activity plays for everyone across Britain.

Their motto is 'More People, More Active, More Often'. While this amusingly reminds me of the constant reminder to wash your hands "more often", both are good principles to follow. If more of us were more active more often, it could improve overall physical and mental health. In turn, this could potentially help us to meet our values of a 'can do' attitude; commitment to quality and; working together effectively.

Why not use National Fitness Day as an opportunity to take up something you used to enjoy, or something new? Everything is opening back up. The Golden Jubilee Conference Hotel's Centre for Health and Wellbeing has opened up their swimming pool, gym and classes (see picture). Parkruns have started back up - 5km fun runs which happen all over the UK, the largest local ones being in Victoria Park and Pollok Park, but there are new ones in Levensgrove (Dumbarton) and hilly ones in Ruchill and Drumchapel.

Remember – although they are called parkruns, you don't even have to run, you can walk them for fun! Have a look at the following link to find a parkrun local to you: <https://www.parkrun.org.uk/>



Starting on the 6th of September!

Fitness Class Timetable

Monday:	
Circuits	5.30pm - 6.15pm
Kettlebells	6.30pm - 7.15pm
Tuesday:	
Zumba	5.15pm - 6pm
HIIT	6.15pm - 7pm
Wednesday:	
Yoga	10am - 11am
Zumba	5.15pm - 6pm
Thursday:	
Couch to 5K	Start at 5.30pm
Running Club	
Circuits	6.30pm - 7.15pm
Friday:	
Chair Yoga	10.30am - 11.30am



To book a class call:
0141 951 5151

Glasgow club is continuing to open up its doors to the public following the pandemic, so make sure you take advantage of our corporate membership to use their facilities – details on corporate membership can be found on HR connect:

www.glasgowclub.org

As anyone who knows me will testify, I am a creature of habit. I therefore already know what I will be doing on Wednesday 22 September. I will be cycling to and from work, which is about 20 minutes each way, then playing about 2 hours of badminton, which I love, in the evening. If anyone wants to join me for either the cycle or badminton they are more than welcome!

Fitness should be fun. Or, at the very least, it should not be horrible! It is so important to do something, so if you don't enjoy it, try something else. What will you be doing on 22 September 2021?

Go on, put your walking, running, cycling or gym shoes on – more NHS Golden Jubilee staff members, more #jubileeactive, more often!

As always, if you have any questions or are just looking for advice, please do not hesitate to get in touch with us using the details below.



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