



OVER 65 + PILOT OPAL/CEARTAS CROSSFIT PROJECT 2018



A partnership between OPAL and Ceartas:

CrossFit was an 8 week programme for people to get active and learn about advocacy and local services.

After a successful pilot in July, the course was extended and developed for people to take control of their own personal fitness in a new, local training environment. Each session lasted 30 minutes with an additional 15 minutes at the end for local services to come and chat: this resulted in a number of information enquiries, referrals to advocacy and other health services that participants hadn't accessed before.

Crossfit wasn't just another exercise class. In addition to learning new skills and improving fitness, those who participated became part of a community of individuals with similar needs but very different strengths and abilities. By working together, the group promoted positive growth in both mental and personal wellbeing including areas such as social skills, working as a team and the ability to overcome adversity.

This approach of coupling a new and inclusive physical activity

like Crossfit, where you progress at your own pace with encouragement of your peers, with information sharing and guest speakers, was very beneficial for the three community care groups we ran tailored programmes for including; older people, senior pupils at local ASN schools, and those in recovery from addiction.

The special thing about Crossfit was it allowed people of very mixed abilities to do the same movements with some very minimal adaptations, but always at their own pace and intensity. The exercise itself focused on functional movement: the type of movements that help you get up off the couch or lift your shopping in from the car.

Upon completion, the project has since continued on independent of support from both OPAL and Ceartas, which is testament to the commitment of those participants in taking control of their own Right to Health.



"Great selection of exercises, good fun feel the benefit of the exercises, hope to join whenever." Nan

"It's a thought to come out getting two buses but once I'm here I enjoy all the different aspects of it and look forward to the next week " Jean

"It's important to stay active but also really important to get the right support: I found out a lot about local organisations and have went on to use these other services." Joe

"After attending Crossfit, I now feel more confident in walking up/down stairs which was something I avoided before. I can now enjoy my garden for the first time in years." Mary

"I enjoy coming to this exercise class wish I could come twice a week." Diane

"It's fun doesn't feel like exercise, great better than the leisure centre" Rose

"Enjoying the class like the variety of exercises. Hope it will continue after the 8 weeks" Betty and Ann