

GP Referral Goes From Strength to Strength

More and more people from Brixham and the local area are taking advantage of the GP Referral exercise classes. In the year 2008-2009, The Sports Centre @ Brixham College has doubled the number of people completing the scheme compared to the previous year. Individuals who have used this scheme are reaping the health benefits that come from regular physical activity, and have enjoyed it too! John, aged 76, says "I really enjoyed it when I didn't expect to. The instructors were not too pushy and I was able to go at my own pace".

There are a wide range of activities as part of the GP referral scheme. Whether you want to use the gym, join in with circuit training, get involved in the swimming pool, or want a little extra help with diet and nutritional advice. In addition, all those completing the 10 week programme are invited to come along to our new Fitness Plus scheme, designed to offer you continued support and to keep you active. The Gp Referral team are highly qualified and more than willing to help with any questions or queries.



So why such a success?

We have gone from strength to strength due to huge local support from local Nhs Surgeries, including the physiotherapy department, and local Gps. All of the local NHS staff have worked in partnership with us which has enabled us to offer this life changing opportunity to more and more local people. The success has been contributed to by the strength of dedication and knowledge of the team at the sports centre. With Centre Manager David Rippin working to support the referral team (inset) Elaine mason, Norman Marler, and our latest addition Melissa Ryder, have made a huge difference to the lives of a great many people. And with such success already being seen by people from all over Torbay this is surely something that will continue.

For more information about the GP Referral programme or the Fitness Plus scheme ask at reception or contact your GP surgery.

Brixham Boxing Club

PCSO Jamie Cree and PCSO Olly Hall-green of the Brixham police neighbourhood team have been working hard to get young people off the streets on a friday evening and divert them into the sport of Boxing.

Brixham Boxing club has been running succesfully now for over four months with attendance ranging from 10 - 30 young people every friday.



The set-up of the club has been a joint effort with Police,

The Sports Centre @Brixham College, Torquay Apollo Boxing Club (Head Coach Alan Brightman), Brixham Community Partnership and Brixham trawler Race Association all working together to raise funds, find premises and provide coaching for the club. The club is run for youths (male and female) aged between 12-18 yrs old on a friday evening 5.30 pm till 6.30 pm in the old gymnasium at the sports centre. We run the session with the aim of accomodating young people at all levels and abilities. Since the opening of the club the sessions have gone well, and it looks like we have some promising young people who may be representing the club in the near future, so good luck to them! If you are interested in joining the brixham Boxing club, whether you just want to get fit, learn a new sport or wanting to compete ask at reception for details.

Strength Training

Weight and resistance training are popular methods of strength training that use gravity (through weight stacks, plates or dumbbells) to oppose muscle contraction to build strength, anaerobic endurance and size of muscles. When properly performed, strength training can provide significant functional benefits and improvement in overall health.

The basic principle of strength training involves a manipulation of the number of repetitions (reps), sets, tempo, and exercises to overload groups of muscles. The specific combination of reps, sets, resistance, and exercise depends on the goal of the individual, as sets with fewer reps can be preformed using more force, but have a reduced impact on endurance. By changing the amount of reps, sets, and weight completed an individual can produce different gains.

Sets of 1-5 reps primarily develop strength, with less impact on muscle size and none on endurance. Sets of 6-12 reps develop a balance of strength, muscle size and endurance.

Sets of 13-20 reps develop endurance, with some increases in muscle size and limited impact on strength. Sets of more than 20 reps are considered to be aerobic exercise. they do use the anaerobic system, but usually at a rate that consistently removes lactic acid generated. Weight training often involves overloading the muscles, thet respond by growing larger and stronger. Weight training can be very effective as exercises, reps, and sets can be tailored to the individuals needs.

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