



Galway Sports Partnership (GSP) / Comhpháirt Spóirt na Gaillimhe (CSG) is the Partnership representing Galway City and County in the development and delivery of initiatives of sport and physical activities for every resident of Galway city and county.

Fathers' Day and International Men's Health week are being held in 6 weeks' time. With this in mind, GSP are launching a new Men Only active initiative called "**Active Men**".

The aim of **Active Men** programme is to get men within Galway city and county moving, understand their health choices and provide them with opportunities to socialise all while exercising.

As part of this programme, there are many opportunities to be active, participants can do some, or all, of the following:

1. Men on the Move Class

The hugely successful Men on the Move is back! The class promotes routine exercising amongst participants. A live zoom class every Monday for 45 minutes which will take the men through different targeted exercises to improve stability and muscle strength with a Men's Physical Activity expert.

2. Couch to 3k Programme (Coach included)

The Couch to 3k Programme is specially designed for those returning to exercise or being introduced to exercise for the first time. It gradually increases stamina for walking, jogging or running. A timetable is set out at the start of the six-week programme and if followed, GSP guarantees success! Every Thursday, there will be a call with our trainer who will help, support and guide the participants to reach their goal!

3. Healthy Eating Class

This class will focus on providing men with knowledge and understanding of nutrition. The knowledge they will gain from this class will be easily adaptable and introduce realistic practices into their daily food preparation and eating habits.

4. Mobility Course for walkers, runners and athletes in training!

This mobility course is designed to aid in improving flexibility amongst participants by teaching valuable stretching practices. This course will help athletes in training in developing healthier stretch routines that will improve their mobility and is suitable for all abilities and levels of fitness.

Additional information

There are a lot of prizes available to be won (exercise bikes, GSP goodies, vouchers, fitness bundles)

Covid restrictions permitting, GSP are aiming to hold a group 3k event together for the participants on Fathers' day (June 20).

To sign up to this great initiative using the following form or contact GSP at galwayactive@galwaycoco.ie

SIGN UP - <https://form.jotform.com/galwayactive/ActiveMen21>