



BRAY EMMETS GAA CLUB'S PHYSICAL ACTIVITY GUIDELINES

Bray Emmets GAA Club aims to create a supportive environment in which it already promotes physical activity for all its members and the wider community, to make the Association a healthier place for everyone to enjoy.

The club is committed in supporting a whole club approach to embed and implement the following physical activity guidelines. In line with Healthy Ireland's National Physical Activity Plan the below guidelines aim to:

- Educate members and the wider community on the recommended levels of health enhancing physical activity guidelines
- Acknowledge the work GAA communities are already doing in promoting physical activity and alternative ways the club can support physical activity for its members and the wider community

How much physical activity should we be doing?

Children and juveniles (aged 2-18) Children and juveniles should be active, at a moderate to vigorous level, for at least 60 minute every day. Include muscle/ bone strengthening and flexibility exercises 3 times a week.

Adults (aged 18-64) Adults should be active for at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week).

Older adults (aged 65+) Older people should be active for at least 30 minutes a day of moderate intensity activity on five days a week or 150 minutes a week with a focus on aerobic activity, muscle strengthening and balance.

Adults with disabilities People with disabilities should be as active as their ability allows them to be. Aim to meet adult guidelines of at least 30 minutes of moderate-intensity activity on 5 days a week.

The key message is that physical activity is for everyone, and any level of activity is better for your health than none. List of physical activity actions the club supports (Football and hurling , LGFA and camogie from juvenile to adult. Mothers and Others teams.)

- The club provides a safe environment for all to allow its members and the wider community reach their daily physical activity guidelines.
- The club promote physical activity opportunities each week to its member and wider community.
- The club promotes a 'Sli Ní Slainte' route around its grounds for all to use.
- Bike rack
- The club welcomes other physical activity community groups to use its facilities.
- The club promotes recreational games for all.

SIGNED _____ Emmet Bhré Chairperson. DATE : / /

