

Fitness @ AMIGS

Welcome to the launch of our Fitness @ AMIGS newsletter.

AMIGS has restarted Tuesday night **Dads-n-Lads and Fight Club** sessions. Our first session was well attended. The purpose of the session is to promote healthy living, especially men's health, and encourage bonding between fathers, sons and the men of the community. There is an Afro-Caribbean saying that says, "it takes a village to raise a child". During term time, the majority of our young men's waking hours will be in school. In-sha-Allah, these sessions will develop a safe and nurturing environment for them to grow up in. Sessions take place every Tuesday at 5:30 and last for only an hour.



“We are not here because it's easy...

Our first session (Pictured above) involved High Intensity Interval Training (HIIT). We chose 5 different exercises and performed each one for intervals of 60 seconds, 45 seconds, 30 seconds and 15 seconds (with 15 second rest between each set). To add to the challenge, everyone recorded their performance with the intention of improving upon it during next week's session. Throughout the session, Mr Moore instructed the group on how to correctly perform each exercise. For those with more training experience, he intensified the techniques.



At the end of the session, Mr Ramsey gave the group short health advice. Mr Moore set the challenge for next week. It was a very enjoyable session and great bonding experience. We strongly encourage all our fathers, male family members and brothers from the local community to attend.

We're excited to see what next week's session will bring!!!

...We are here because it's hard.”

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Our instructors.

Mr Ramsey began Karate training in 1989. He



holds a 4th Dan black belt in Shotokan Karate. He also studies Judo, Kyokushinkai and Muay Thai. Like Mr Moore, he has competed at both national and international level.

In addition, Mr Ramsey circuit trains and has deep interest in public health in BME communities. From among his many mantras is, ***“We are not here because it’s easy. We are here because it’s hard.”***

Sensei Mr Anthony

Moore started studying Kyokushinkai Karate from the age of 19. He is a black belt instructor and also trains in Muay Thai. He has competed at both national and international level with great success. In addition, Mr Moore is an avid cyclist



who regularly takes part in the annual London to Brighton Bike Ride. As a weekly routine, runs 14km every two days. His training mantra is, ***“Think about why you are here.”***

Ways to increase activity in daily life

Regular physical activity is good for our bodies and minds, but it can be difficult to get started – especially if we're not particularly sporty or have not done any exercise for a while.

Here are some simple ideas to build more activity into your day, tips to stick with it and free exercise plans to help you get going.

Not all of us are naturally sporty and it can be hard to know where to begin. Start small by finding easy ways to fit more activity into your daily life and build up from there.

For example:

- Stand rather than sit when you can, like on train or bus journeys, or try getting off the bus a stop or two early and walking the rest of the way
- If you have to drive somewhere, park a little further away than you need to – even just the far end of the car park adds a little extra activity
- Take the stairs instead of the lift or walk up escalators when you get the chance try making the school run a school walk or school cycle a few times a week.

