

# BEGINNER TO 5KGS!

A **FREE** 6-week online strength training and education programme for middle-aged and older women living in Laois.



We are recruiting women aged 35+ years living in Laois.

SCAN ME



## WHAT IS INVOLVED?

THIS 6-WEEK ONLINE PROGRAMME STARTS ON **TUESDAY 17TH SEPTEMBER 2024.**

### PROGRAMME OVERVIEW:

- **Pre- and post-testing online**
- **1 \* 20-minute online education workshop per week**
  - You can attend this live online (**Mondays at 1pm**) via Zoom or you can watch the recording on-demand before the end of the week.
  - These will teach you about strength training and how to look after your health in midlife and beyond.
- **2 \* 40 minute online strength training classes per week**
  - You can attend these live online via Zoom (**Tuesdays and Thursdays at 8pm**), or you can complete a pre-recorded class in your on-demand library if you miss a live class.



The 'Beginner to 5kgs' programme is funded by Laois Sports Partnership and Healthy Laois.

To register, please visit <https://edufit.ie/beginner-to-5kgs-2024/> or scan the QR code above with your phone or tablet camera to complete the sign-up form.

If you have any questions, please contact us by email: [programmes@edufit.ie](mailto:programmes@edufit.ie) or by phone/WhatsApp: 083 374 8262 (Ruth) or 085 849 7737 (Kiera).



Healthy Laois



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## OUR 'BEGINNER TO 5KGS' RESEARCH PAPER

EduFIT, in collaboration with Dublin City University, Laois Sports Partnership, and Sport Ireland, conducted a research study to investigate the impact of our 6-week novel 'Beginner to 5kgs' programme on physical performance, wellbeing, menopausal symptoms, and physical self-efficacy in middle-aged and older women living in Laois between February and May 2024. We have recently submitted our manuscript for publication. **In brief, the results show that the 'Beginner to 5kgs' programme significantly improved lower-body and upper-body muscle strength and endurance, maximal grip strength, wellbeing, menopausal symptoms, physical self-efficacy, and physical activity participation in middle-aged and older women.**

## PARTICIPANT TESTIMONIALS

- "Thank you for a great 'Beginner to 5kgs' programme. The support and encouragement throughout the programme was just fantastic. The flexibility in the classes was great, they certainly catered for all abilities. I really enjoyed the live classes. The pre-recorded classes meant I never missed out on anything and that I could do them in my own time. The whole programme fits in with busy home and work life. I really liked that I could do it all in my own home and didn't have to go out again in the evening after a busy day. I highly recommend this course to anyone and the EduFIT team were brilliant. Thank you again and I hope there will be more follow up classes." **Mags, 51**
- "The 'Beginner to 5kgs' course was just what I needed. Accessible, flexible to your work-life demands, effective and free. I feel stronger and have started back running. Thank you!" **Julie, 48**
- "This research study is the best thing I have ever done. At 56, my DEXA scan told me I have osteopenia, which is the loss of bone mass. I needed to do strength training but didn't know where to start. This course showed me exactly what to do, and how to do it and was delivered in a professional and friendly manner. I would recommend this course to everyone." **Mary, 56**
- "I have really enjoyed the 6 weeks and fabulous classes so well explained and demonstrated." **Emer, 41**
- "Please thank the team for the past 6 weeks. I really enjoyed it and certainly feel the better of it - especially mentally and I can now stand on one leg for 60 seconds - a huge improvement from under 20!" **Margaret, 67**
- "With being in remission from Cushing's syndrome and living with the everyday problems that it brings including issues with mobility, strength and balance, I have been waiting so long for physiotherapy and someone to listen to my needs but like so many, that help hasn't come. The opportunity came to join the EduFIT 'Beginner to 5kgs' programme and while I was very nervous, I have to say that it's been the best thing I have ever done. The help and courage the girls have given me I have never had before. I felt so included, there is a version of the exercise for all abilities. Before joining I thought I was at an end, that there was no hope for me but after 6 weeks of the programme, I can feel a change in myself, I feel much more positive and it has proven now that there is hope for me with my mobility, strength, balance etc and that has motivated me to join the next programme to continue to build on what I have achieved through this programme." **Lily, 63**

To read more participant testimonials, please scan the QR code below:



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