



SUSPAC News

Issue 15
December 2010

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Scottish Physical Activity Advocacy Coalition

Coming out of the 'Five-year review of 'Let's Make Scotland More Active' - A strategy for physical activity' there was a recommendation that a coalition of organisations independent of the Scottish Government who could mobilise, motivate and advocate for physical activity would assist in ensuring the profile of physical activity remained high and would facilitate better delivery coordination. Based on this recommendation the Scottish Physical Activity Advocacy Coalition was established and the group identified the creation of a Scottish Physical Activity Charter as a catalyst that would bring them as separate organisations together and would also bring together a wider range of organisations that have a potential role in advocating physical activity. The Toronto Charter for Physical Activity was launched in 2010 which is a call for action and an advocacy tool to create sustainable opportunities for physical active lifestyles for all. Organisations and individuals interested in promoting physical activity can use this Charter to influence and unite decision makers, at national, regional and local levels to achieve a shared goal. The group have agreed that this forms a good basis for the Scottish Charter. A workshop is being planned for January 2011 to review the content of the Toronto Charter and consider how this needs to be adapted to represent physical activity in Scotland.

physical activity and health alliance



SUSPAC on the Web:

Please see our website for a range of informative flyers:

www.susport.org.uk

Feature topic this month is:

- Psychological Benefits of Exercise

SUSPAC Tackle Disordered Eating

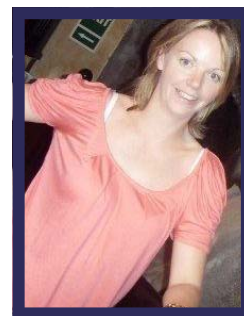
The SUSPAC Committee are committed to updating the Sector with current information on physical activity and health. One of the issues being looked at is Disordered Eating and how to deal with it professionally and to help those involved. The SUSPAC Committee had a workshop with Alan (Consultant Psychiatrist who also works with BEAT) and Dr Zara Lipsey and were seeking advice in producing an information sheet/ good practise guide which is a work in progress at the moment. They are also looking into training for relevant staff and possibly sports presidents on the warning signs of eating disorders and how to deal with individuals who exercise excessively. The training days will take place both in Edinburgh and Glasgow for all staff members to attend. The result from these training days will show staff the correct way to treat those with eating disorders and help them in any way possible. More information will be up soon on the SUS Website.

<http://www.susport.org.uk/events.asp>



Editor's Letter

The festive season has once again sneaked upon us, which for many only means one thing - over indulging. As we are all aware, treats at this time of the year are inevitable, but bare in mind the 80/20 rule; 80% of the time eat well balanced foods and allow 20% for treats. Why not even suggest to Santa that you really would prefer less sweets and chocolate this year!!



Keeping active over the festive season can be quite a challenge - staying in and keeping cosy can seem more appealing than heading out into the cold, and now that we can shop online why would we want to venture outside. Internet shopping is great of course, but if you're missing your training sessions get yourself to the shops and use those legs; think of the time you spend walking and carrying those bags full of Christmas presents - great exercise Personally I have never been one for New Year's resolutions; I think they are too easy to break, so my top tip this Festive Season is to set smaller achievable goals throughout the year rather than trying to change everything at once; Rome wasn't built in a day!

I would like to wish you all Merry Christmas and a Happy New Year.

Julie

DANCE FESTIVAL REVIEW

The annual Scottish University Sport (SUS) Dance Festival took place on Sunday 7th November at the unbelievable facilities offered by The University of Edinburgh Centre for Sport and Exercise. The 90 participants involved in the day came from a range of Scottish Universities. The hectic schedule of the day offered classes including musical theatre, jazz funk, salsa hoop dance, nu style hip hop, old style hip hop, contemporary and belly dancing.

Feedback from the day was really positive, with the highlights of the day including "the vast choices of dance classes, the friendliness and enthusiasm of the teachers and the organisers, and the opportunity to take part in dance with so many other students" Dancer, Participant. "I had great fun teaching at the SUS Dance Festival. It's always fantastic to meet so many people who love to dance! The participants were so enthusiastic and great fun. Bring on next year!" Jo Richards, Hip Hop Instructor The day was a great success and fun was had by all.

The day was closed with a sharing of work which included material that was taught during the day, along with choreography which Universities had been working on. Roll on SUS Dance Festival 2011!



Round the Departments

UWS

Zumba, Cheerleaders, Hip-hop and Salsa taster sessions went very well - Looking at sustaining these activities - "Show Racism the Red Card" 5-side football tournament on the 6th November -Development of new clubs: Basketball, Womens Football, Hockey, Rugby and Womens Volleyball Cricket Tournament at UWS cancelled due to weather condition, initially organised beginning of October - Will be postponed later on in the second semester



Our Commonwealth Games Support Teams

Dr Niall Elliott MRCGP FFSEM(UK) | Deputy Head of Sports Medicine

sportscotland institute of sport

I was Head of Medical Services for the Team and spent nearly 5 weeks out there. The role involved liaising with the Organising Committee in advance of the Games to ensure we knew what sort of medical infrastructure there would be as well as meeting the athletes through team camps and my job at sportscotland institute of sport. Along with 5 other medical colleagues from Scotland, we devised illness prevention strategies for Delhi (eg: hand washing with alcohol hand gels) as well as reviewed injured athletes prior to departure. In Delhi, as part of the advance team, my role expanded to look at health and safety issues in the Games Village that were only apparent on arrival in Delhi mid-September. During the Games, the support was for the whole squad and management staff at all venues and the Village. This is where it is important to have the right size of team (6 Docs and 10 Physios). The work continued throughout the Games with most days starting at 7am and finishing with tea at 1am. And it continues back home with handover to the sportscotland institute of sport Physios as well as Tayside and Fife Institute. Fun overall and a real experience with some great memories and photos. Best one...being there when Eilidh Child won her silver in the 400m hurdles....

**Maggie Hendrey, physiotherapist, Heal Physio Clinic & TFIS
Physiotherapist, Dundee**

I was one of the team of 10 physio's for Team Scotland. We were interviewed and appointed in March 2009. In the build up to Delhi from that time and whilst at the games I was the physio for swimming. Once swimming competition finished I was one of the HQ physio treating any athlete back at the village. Fantastic experience and so rewarding to see our TFIS athletes there!



Round the Departments



University of Glasgow

Service Development Teacher Davie Watt successfully completed climbing Mount Kilimanjaro in November. Davie was part of a team raising funds for the Beatson Peeble Appeal and has currently raised over £3800 to date with the aim to raise at least £4000.

A number of staff & students participated in 'Movember'; growing a moustache to raise funds for Prostrate Cancer – there were some interesting 'tash's around the department!

There were a high number of applicants for the Fitness Scotland Gym Instructor Award this year. Sport and Recreation set up as a Fitness Scotland Outreach Centre in 2009 enabling the department to offer Level 2 Gym Instructor Qualification to Sports Science Students. The students were asked to submit a covering letter and CV, 10 students have been selected to complete the course starting January 2011. We have set up a partnership with the Sport Science department at the University to offer a number of testing services such as VO2 max, lactate threshold, heat acclimatisation and body composition. Reduced prices are available to members but will also be offered to general members of the public.



Member Interview: Liesl De Silva,

Featuring: Liel De Silva, studying: Glasgow University graduate Dec 2009

Why do you take in exercise at Stevenson Building?

I love exercise, be it in the form of dance or sport and I appreciate all the benefits that fitness brings with it. The Stevenson building is definitely the place to be if you are keen on exercising. It offers an amazing range of facilities in terms of a variety of exercise classes, machines, equipment, excellent (and extremely enthusiastic and helpful) teaching staff as well as other perks like nutritional advice and a sports injury clinic. I think it's safe to say that there is something for everyone at the Stevie – whether you like learning new things or simply doing what you love to do, whether you're new to exercising or you've been doing it for ages. In my opinion, if you want to get fit and have fun doing it, the Stevie is where you should be headed to!

What exercise / activity do you participate in?

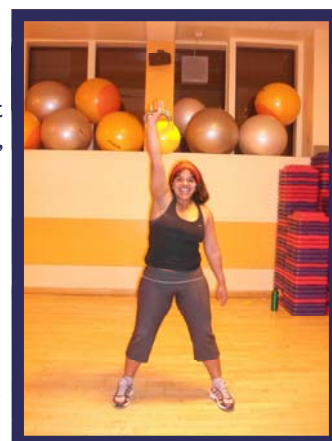
Although I do spend some time on the exercise machines, I prefer attending the exercise classes. With the variety of classes offered, it's very hard to get bored and fed up of the same activity. I try to do a different class every day - boxfit, kettlebells, super circuits and groove FX among others. The classes are carefully structured to give you a great workout in a short span of time, especially if you've got a very busy schedule and can't spend too much time at the gym. Interval training is a key part of all the classes and plays a major role in increasing metabolism and maximising loss of all that unwanted fat from your body! And even if losing weight is not your ultimate goal, it's a great way to keep fit and active.

What do you enjoy most about your sessions?

People are different – some prefer challenging themselves on the machines and testing their performance levels. I however, enjoy the exercise classes for a number of reasons. First of all, the teaching staff is brilliant! They all have different styles, choreograph fantastic routines, push you to levels that you never thought you were capable of and are always cheery and happy to answer any questions you might have. Secondly, I like working out with other people, especially people who are fitter than I am so I'm encouraged to work harder and achieve more from myself. And the best part is you get a chance to meet lots of people and make a lot of friends who all have something in common – a love for exercise and fitness. It definitely keeps you coming back to the gym every single day and you enjoy it a lot more.

What one bit of advice has been invaluable that you would give to others?

I went almost a whole year without exercise recently because of a crazy workload – biggest mistake of my life. I can't stress the value of exercise enough. The benefits are too many to count and I can honestly say from personal experience that exercise has been the major factor in improving my health. So no matter how busy you are or how stressful your life is, a little bit of exercise can go a long way not only towards your physical health but your mental and emotional health as well. So what are you waiting for? Go get that membership, start working out and feel awesome!



Staff Interview: Kathleen Gray

Featuring: Kathleen Gray, PA to Head of College, College of Social Sciences

Why do you take in exercise at Stevenson Building?

It's so close to work I feel it would be a real shame to waste an opportunity to fit in some exercise during my lunch break!

What exercise / activity do you participate in?

Mainly group exercise classes that combine cardio and toning.

What do you enjoy most about your sessions?

The fact that the afternoon sessions are only a half hour long so are short and sharp and the encouragement from class instructors means you tend not to give up so easily when things start to ache!

What one bit of advice has been invaluable that you would give to others?

Don't take it all too seriously....it's the taking part that counts!

What do you prefer to do? Sporting, energetic or mind-body physical activity?

I prefer sporting and energetic physical activity. I am very competitive in both team sports but also against myself when running.



Exercise of the Issue

Overhead Lunge

This is a fantastic compound exercise which targets the glutes, hamstrings and quads, as well as the core stabilizer muscles.

Start with feet hip width apart holding a barbell above your head, arms fully extended.

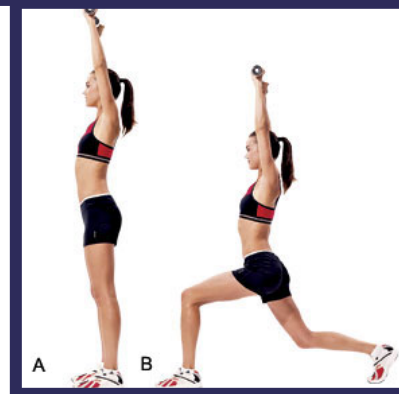
Ensure that your back is straight, shoulders are down and pelvis is in neutral.

Maintaining correct posture, lunge forward with the right leg until the knee is above the ankle, the left knee is under the left hip and left heel is off the floor.

Step back and repeat with the left leg.

Aim for 3 sets of 12 reps (6 on each leg).

The barbell weight can be increased to progress the intensity of the exercise.



Recipe of the Issue

Easy Peasy Butternut Squash and Red Pepper Soup



1 butternut squash cut into cubes

1 chopped red pepper

½ chopped red chill

2 pints of vegetable stock

Crème fraiche to serve

- Put chopped vegetables in a large pot and add stock.
- Bring to the boil then simmer until the vegetables have softened.
- Using a hand blender or food processor blend to form a smooth liquid.
- Season as required and add a dollop of crème fraiche to serve.

Cheap, simple and nutritious!!



Round the Departments

University of Strathclyde

As you may be aware part of the football programme for London 2012 will be staged at Hampden Park in Glasgow and therefore there is a requirement for LOCOG to provide top class training facilities close to the competition venue. It has been confirmed that Stepps has been chosen as the official training venue for the Football Competition. Our selection as a training venue partner for the Olympic Games reflects the high regard for the University's facilities at Stepps and also for the University's reputation in British sport. It is hoped that this appointment will provide a platform on which the University can build upon in terms of supporting other top-class sporting events.

As a result of this, Strathclyde will be the only official Olympic Competition Training Venue in Scotland.



Round the Departments

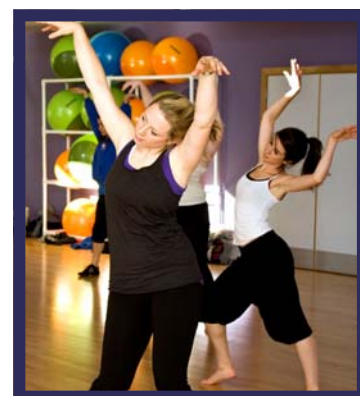


.University of Edinburgh Centre for Sport and Exercise

The £4.8 million extension at CSE Pleasance has been met with a hugely positive response from members, students and international sports teams. The extension, which included the creation of a state-of-the-art performance gym, received rave reviews from the world's top two internationally ranked rugby teams - the All Blacks and South Africa - when they used the facilities in the lead up to their tests against Scotland. The All Blacks fitness trainer declared the CSE the best training facility the team had ever used. The extension also includes a new free weights gym and equipment, a body conditioning 'My Gym', a new dance studio, ab zone, spin room and rowing room and was officially opened in August by HRH Prince Philip Duke of Edinburgh and the Chancellor of the University of Edinburgh. And there have been plenty of highlights since then, including the performance of University of Edinburgh students, graduates, staff and associates at the Commonwealth Games in Delhi with two (Michael Jamieson and Eilidh Child) bringing home medals and others achieving personal bests and reaching finals. CSE director Jim Aitken has

Dance Fest Success at CSE

SUS held the Student Dance festival in the CSE at Edinburgh University for the first time on Sunday 7th November and with around 100 dancers, it proved to be a fabulous venue and stimulating programme of dance. At the end of the day we all gathered in the Studio and we had a dance sharing where different groups danced an excerpt from their latest dance or choreography that they had just learned that day!. It was great fun and a perfect way to end the day.



Watch this space - One of the teachers - Murray Grant has choreographed for Robbie Williams and has contacts who work with Pixie Lott and other famous people and so in the future I plan to offer Dance Masterclasses with High Profile Choreographers in our lovely Studio. Dancers from all Scottish Universities will be welcome to come.

New Fitness and Dance Classes going down a storm!

We have added 3 Zumba classes, 3 Vew-do and 2 Hoop, Skip Jump classes to our What's On Programme this year 2010 /11 and they are all proving to be very popular especially Zumba which currently is enjoying world wide success. Our Zumba classes are scheduled Thursday and Friday evening and Saturday morning at 1015am and they are all enjoying busy classes of between 50-60 people and they are having such fun which is great to witness. Vew-do is a piece of equipment that looks like a skate board with 3 different kind of wooden rocks that can be placed under the board - a teeter, wobble and a flow which looks like a rolling pin! the staff are having great fun teaching this class - it is challenging but enjoyable! I think we are the first in Scotland to teach Vew-do. There's is a lot more to hooping than circling it around your waist - all sorts of tricks to master and great for core muscles and together with the energetic aerobic skipping in 1's, 2's and double dutching, it is proving to be a popular option.

Feature Question

Is Jogging good for you?



Jogging is one of the finest exercise programs, as it yields a lot of benefits. You can do it independently and it helps you build a good physique by stimulating your heart rate, relieving stress, toning your muscles and also prevents a number of aging problems. It increases your energy level and it brings a sense of discipline and is more result oriented than any other type of workout. It helps burn calories and stay fit. There are a few disadvantages that jogging yields such as muscle or joint strains and injuries. It is advisable to meet a physician before beginning this workout. Firstly, you need to confirm if you have any other health problem that could cause you physical stress if you exercise too hard. It is really necessary to get a medical clearance if you are overweight, or have a family history of blood pressure and heart problems or if you are above the age of 60. When you start jogging, follow a regular guideline. At the start do a warm up exercise, light stretching and determine a pace that is most comfortable for you. You can gradually increase your speed. Do not hunch your body and swing your arms naturally. Do not let them strain. When you happen to mount a hill lean slightly. To avoid injuries increase your activity for only 1-2 minutes per day. After several weeks, review your progress and then increase or decrease the activity accordingly

Myths



Myth 1: Eating after 9 p.m. causes weight gain

It can, but not because your metabolism suddenly slows down at night (a common myth). It's mainly how much you eat—not when you eat—in a given day that affects weight gain. Many people eat at night out of boredom or other emotions instead of hunger, and they wind up consuming more calories than they need for the day—calories that are then stored as fat.

Myth 2: by not eating any fat you will lose the most weight.

Not eating a lot of saturated fats is ideal, but your body still needs certain fats that are healthy that it cannot produce on its own such as omega-3 fats. You can get these types of good fats in by taking supplements and also in many nuts and fish.

Myth3: If you workout, you can eat whatever you want

This is a wrong thing to follow. If you are working with more intensity and eating whatever you like, you may injure yourself due to the over intensity of exercise. You cannot see the desired results as you may be eating unhealthy foods also. The only way to maintain and be fit is by following a healthy exercise program and eating a healthy diet. If you eat smaller meals five to six times and include protein, fruits, vegetables, carbohydrates, drink lots of water, you will get better results for your workouts.



Myth 4: Exercise hard all the time to lose weight

This is absolutely not correct. If you just add a brisk walk in your exercise program, you can lose weight and can stay fit. There is no need to workout hard all the time to lose weight. Whatever the workout you follow, you have to do it on a regular basis



Myth 5: To lose weight you have to eat less

This is not true at all, in fact when you deprive your body of the calories it needs to get enough energy to fuel your day you end up eating in a binge fashion within days. When you do not eat anything for hours or even worse, for the whole day you instantly tell your metabolism to start slowing down and the weight piles on. By eating smaller portions during the day such as a short meal every two to three hours you actually speed up your metabolism

Cardiac Rehabilitation Interest Group Scotland

The Annual Conference took place at Stirling Management Centre on Fri 19th November.

Around 80 delegates including GP's, cardiologists, physiotherapists, nurses and phase IV exercise instructors listened to a range of health professionals. Topics included new technologies in cardiac investigation and an update on the FANS network focussing on how arrhythmias are diagnosed using genetics. Information on Arran and Ayrshire's psychological support in cardiac rehabilitation was presented plus examples of Phase III and Phase IV cardiac rehab exercise models from across Scotland. The conference was supported by CHSS (Chest, Heart and Stroke Scotland) and is valuable for anyone working with individuals who have cardiac conditions. The conference package includes annual membership to CRIGS.



For more information on CRIGS contact: jenny.lettice@chss.org.uk

The Older Adult and Physical Activity Summit

was held at Edinburgh University's John McIntyre Conference Centre on 16th November.

This event 'Making Change Happen' was organised by PAHA as part of Scotland's Five-Year Review of *Let's Make Scotland More Active*. Guests were invited to attend from across the field of physical activity, exercise, health, nhs and local authority to consider some of the issues surrounding older adults physical activity levels and guidelines. The summit challenged delegates to consider a more 'joined-up' approach to finding and delivering solutions. Minister for Sport Shona Robison opened the Summit with an update on government resources and an overview of some of the Scottish health survey results. Mary Allison presented facts on where we are now in terms of meeting the physical activity recommendations in Scotland and challenged the summit to focus and prioritise our resources on key groups most in need of achieving the guideline targets. Dawn Skelton and Bob Laventure discussed 'increasing the circle of later life' and presented an interesting overview of the challenges and diverse needs of older adults in Scotland. The summit was very well organised and promised to take forward points for progress over the next few years. The full overview of the summit can be viewed at:

<http://www.paha.org.uk/Resource/older-adults-physical-activity-summit>

physical activity
and health alliance

Round the Departments

Dundee ISE Round up

ISE organised a pink aerobics evening during October to raise awareness and support for Breast Cancer UK. Nik Long, ISE's new gym manager along with members of the teaching team led 45 enthusiasts through a 2 hour workout that included; the Barbie cheerleading workout, Bollywood, Zumba, Dancercise and a Thriller workout! The event raised over £500 for Breast cancer and everyone had a fantastic and energetic Friday evening!



Round the Departments

Herriot Watt University



We are having a great semester 1 at Herriot Watt University. We kicked off Fresher's week with the Festival of Sport and Exercise (FSE) which we ran in partnership with the sports union. The FSE was an opportunity for all students to take part in sport and exercise classes over 3 days of Fresher's week. It was a great success with lots of students taking part in the many sessions that were organised. Classes have been really successful this year with record numbers in lots of our classes, including Yoga, Kickboxing and Thai Boxing. Zumba has also taken off with numbers upwards of 70 cha cha'ing and mambo'ing with me on a Monday night. There is a great atmosphere in the classes and we are all having a ball!

I have taken on some new gym instructors that are really enjoying working with lots of customers. They are carrying out lots of programmes and inductions with our members. The gym instructors are sports science students that have completed their CYQ level 2 gym qualification with me over the past couple of years. It is really good to see them progressing and increasing in confidence each week!

Our Jog Scotland group Watt Jog are continuing to increase in size and sociability. They are often known to be arranging to go out for lunch or dinner after their park run on a Saturday! Who knew exercise could be so much fun.....?

Over the last couple of months the CSE have gone into partnership with Kukri and we have all been kitted out in new gear which I have to say is really smart! The sports centre assistants are in lovely red tops, the scholars are in blue and the rest of us are in navy. The work on the new reception is pretty much finished now as well so you should pop by to see us in our lovely, colourful reception with our smart new kit!

DELHI 2010 FLAG HANDOVER CEREMONY

By Zuzana Vobecka

Everything started last April when I applied for funding in Strathclyde Sports Union to represent the University at the Flag Handover ceremony at the Delhi 2010 Commonwealth Games. I never believed I would have a chance to get it since I am not Scottish, but a few weeks later I received the email confirming my place. After a short Orientation session on the 10th and 11th of June, all 352 cast members from all over Scotland were brought together again for 3 weeks of Bootcamp training in September.



The first week it was held in Scotstoun, where we got to know each other, received our bib numbers, learnt marching drills and started to use the props. We were divided into two main groups – structure cast, who dealt with the planks and Inflatable armadillo and fabric cast, which was working with very nicely designed multicolour clothes. In fabric cast there was about 2/3 people involved, myself included, and we had three different sizes and colours combination of the material. Each fabric was manipulated by a team of 4 people therefore it was essential that everyone attend the rehearsals, the material was large and heavy and it was almost impossible to work with when missing team member. During the first week we learnt basic manoeuvres like how to deploy the fabric, switch the colours or create different wavy effects, but we still had no idea what the show is going to look like. Because the Scotstoun was too small to fit 50x50m big ground cloth, on which all the coordinates were written and where the actual show was happening, we had to move to a different venue for the last two weeks.

Regional football centre at Toryglen was huge and well equipped for all our needs and secure enough to keep our secret. Over there we started to work as one big team and create the final version of the show. To be honest, this stage seemed to be quite long and sometimes boring. It included plenty of sitting around and waiting to get the bib called and then subsequently move to the appropriate coordinate. Afterwards we would run it few times all together to avoid any traffic jams or similar issues. It was hard job for the choreographers to coordinate over 300 people to the positions and then run it to be sure everyone knew what to do. By that time everyone started to realize, there is not going to be any dancing included, it is just running from one spot to the other and changing colour or shape of the textile. By the end of the second week everyone knew where to run and more or less what to do. The last week was just to tidy it up and make it perfect. The rehearsals finished on the 8th of October and we all were nervous but excited to perform in Jawaharlal Nehru Stadium in Delhi.

We were split into 5 groups for travelling to Delhi. I was leaving with the last group and we arrived in Delhi on Wednesday 13th of October, just one day before the performance. The whole stay in Delhi was very fast, tiring and exciting at the same time. After more than 12 hours travelling we arrived at the hotel at about 2pm went for the first visit of the Stadium. The bus journey took about an hour. It was only so quick because we were accompanied by the police. It actually felt like we were the celebrities, because people wouldn't stop to take pictures of us and stare at us. At the stadium we got to know, where the changing room is, where the entrance is, where we will be starting from and where to exit once the show is finished. That night I got to bed after midnight and the breakfast was announced to be at 5:30 in the morning.

DELHI 2010 FLAG HANDOVER CEREMONY

By Lyle Gillespie

After a 3 week intensive training programme, in which we had to have learned the routine to perfection as we would not see the props or ground cloth we were using for the routine until the day of the performance, the group of participants set off for India. The flights were over 2 days on Monday 10th of October and Tuesday the 11th of October. The flight in which I was on met in the City Chambers on Tuesday at 7.45 am and headed to Glasgow Airport for the flight to London. In London, the group had to wait for a few hours until the flight to Delhi. The atmosphere amongst the group was one of excitement and an eagerness to get to India.

After a long flight the group arrived in India and set off on the buses for the hour or so long drive to the Claridge's Hotel where we were staying. This was the start of a somewhat surreal experience in India in which we were treated like celebrities. Our cases were taken for us to the buses and we were escorted by armed police to the hotel. We eventually arrived at the hotel at about 12.30 pm on the Wednesday. We were informed that lunch was served at 1 pm and that we would be travelling to the Jawaharlal Nehru Stadium, where we would be performing the closing ceremony the next day, for a tour of the stadium at 3pm. This gave us time to quickly go to our rooms (where we were staying with two others), eat lunch and then a few of us decided to go to the pool until we had to get ready for the stadium visit. The hotel was very nice and lived up to its 5 star rating. We set off in buses, each bus with an armed guard inside and a police convoy to the stadium. Upon arrival at the stadium each bus took it in turn to make the way through security and enter the stadium. Once again, a crowd of locals were gathered to see us and security pushed them back as we made our way to the stadium, this was very surreal as we were not athletes and the majority of the group were very surprised by the excitement shown by our presence. The stadium was very busy, mainly with the Indian police force and we were quickly shown around the impressive venue. We were shown the room in which we would spend the majority of the following day in, the room was very small and stuffy at night so no one was looking forward to waiting in the room during the high temperature the next day.

The group departed from the stadium and headed back to the hotel for dinner. After dinner, most people either relaxed in the hotel or headed to their rooms to go to bed before the early start at 5.30am the next day. The next morning we were awoken for breakfast before heading again to the stadium. We collected our costumes and set off in the buses. It was very hot and we were all encouraged to drink lots of water and make sure we were not overheating. The stadium was busy once again and once we entered the stadium we were not allowed to leave. As our performance was not until 8pm it meant we were in the stadium for over 12 hours. The organisers were very strict with times and we were only allowed one independent practice of the routine and there was also one complete run through of the show. Performing in the empty stadium was intimidating and very hot. The ground on the stadium was very uneven and participants, myself included, had a few slips and trips during the practice. This did nothing to help pre-show nerves. The complete show rehearsal allowed us to see what the Indian participants had prepared.

The rest of the day was spent preparing for the show and a large amount of time was spent in the exit tunnel, which was the coolest part of the stadium. As people began entering the stadium, it was time for us to get into costume for the show. This was a military procedure with so many people needing to be changed in such a small area. After a while everyone was ready for the show and raring to go. As part of the pre set cast, we had to set up the planks before the performance, we entered through a different part of the stadium and were the first of our routine to enter the stadium. As we waited many of the Indian performers passed us and were very excited by our traditional Scottish costumes. They cheered at our presence and many shook our hands and seemed genuinely excited by us being there, again we were taken aback by the welcoming reception the locals were giving us. Members of the Indian Police Force and organisers often stopped and asked for photos with us whilst we waited to enter the field of play.



Eventually it was time for us to do our show. Walking out onto the stadium was one of the most amazing, nerve-racking experiences of my life. The stadium was packed and the atmosphere amazing. As we walked into the stadium I felt so proud to be there, representing my country, university and town in a once and a lifetime experience. After everything was set up the cast was ready to perform, only for the speeches to go on for much longer than anticipated. As the handover was completed a rapturous applause engulfed the stadium and the cue for our performance to begin was drawn. All pre performance nerves evaporated as we sprinted into our Highland charge and the performance ran completely perfect with no mistakes made from any of the cast. The Proclaimers 'Im Gonna Be' blasted out the speakers as we left the stadium the cheers rung out in our ears and a party mood entered the cast. We had completed the routine that we had worked so hard to perfect and it had due praise from all spectators.

We left the stadium and headed back to the hotel for dinner and the after party. The night continued on from the show and a great night was had by all and the hotel staff were impressed by the singing of our national anthem as we celebrated. My flight group was the first to leave for the airport. On arrival at the airport we met the Australian team who congratulated us on our performance. Many of the cast wore their kilts for the flight resulting in more photos. As we awaited our flight we noticed the Indian papers were full of pictures from the previous night's performance, the majority of which focused on our performance. The England team, who we would be sharing a flight to London with, also congratulated our performance and spoke of their excitement for Glasgow 2014. The cast were very proud at our achievement as we left India. The Handover ceremony was a surreal experience which was enjoyed by everyone that took part with many new friends being made along the way. It is something the cast will never forget.

Zumba



Zumba has really taken off in Scotland this year. It's a fun and effective interval training session, combining fast and slow rhythms to give a cardiovascular and muscular endurance workout.

The emphasis is on having fun while exercising and this is achieved by using high energy motivational music along with easy to follow dance moves. Zumba classes include various styles of dance within each session; salsa, meringue, mambo, reggeaton, hip hop and even belly dancing! A fantastic carnival atmosphere is created in every class and you soon forget how hard you are working. Furthermore you don't need any dance experience to enjoy this class; the moves are simple to follow.

Zumba is an infectious workout and if your looking for you workout to be fun, this class is for you.

The Facebook logo, consisting of the word 'facebook' in white lowercase letters on a blue rectangular background.

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The Twitter logo, featuring the word 'twitter' in its characteristic blue, lowercase, sans-serif font.



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PHYSICAL ACTIVITY COMMITTEE

Have you got stuff happening at your place? If so please let us know !

Quiz

Women can't build muscles like men because they don't have enough testosterone

1. TRUE
2. FALSE

I do not necessarily need to work out for the recommended time of half hour three times a week to receive the benefits

1. TRUE
2. FALSE

Strenuous exercise is much more beneficial than light exercise

1. TRUE
2. FALSE

What is major benefit of resistance training

- You will be able to run for longer
- You will improve muscle strength and coordination
- None of these

Training for a particular event or sport is known as

- Core stability training
- NLP
- Sports specific training
- Resistance training

To Find Out Answers Please Check out our Facebook Page at <http://www.facebook.com/SUSPAC>

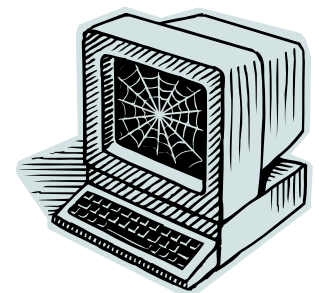
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