

**Inspired Living
Newsletter #4,
February 2010**



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February Ride

Due to the bad weather and possible public liability exposures (see more below), there was no cycle ride in January, but things are now back to normal with the next ride taking place on 28th February.

First Cardio Workout

The first circuit training session took place on 7th February. Around 20 people turned up and enjoyed the company of Chic Stewart RN. We will be holding two sessions a month from now on with the next one on 21st February. You are advised to bring a mat or piece of foam for the floor exercises and will be required to fill out a registration form if you have not already done so. Don't forget a bottle of water.

Risk Assessment

To take part in either the training rides or cardio workouts, participants need to sign a registration form. This is required to ensure we have public liability cover, which is provided because we are a committee of Cancer Research UK. To make sure we are doing things properly, one of our participants, Steve Robinson, has carried out a formal risk assessment for these activities. You can view the assessment on the website. Thank you Steve.

Support and Endorsements



We are pleased to announce BT's project endorsement, support and active link with BT's internal Workfit and Cyclefit programmes.

We are also delighted to have received endorsements from three of BT's sports ambassadors. Namely Sir Chris Hoy, Dame Kelly Holmes and Ade Adepitan MBE.

For more details about this, please look at the 'Supporters' page on the website.

Also, we have just had confirmation from Knorr-Bremse that they will provide us with a long wheel based van with a driver to support the continental riders throughout France and Spain and return the bikes back to the UK afterwards. This is great news as a support vehicle was one of the key items for the ride.

Medical Programme

The medical programme is just about to start. The research we have put together offers a health screening for all but is more in depth for those doing the Continental riding as well as the Winchester to Portsmouth leg. It will be looking at the changes to 'health-profiles' in participants as a result of the associated exercise & nutritional training. For those cycling 200 miles or more we will be allocating participants to one of the local GP practices for the screening tests. Individual nutritional & physical training advice will be also available for the longer distance cyclists. For those cycling less than 200 miles, screening & advice will take place via the twice monthly gym training sessions at IBM Hursley.

Find us on Facebook, Twitter and LinkedIn

We have a pages on Facebook, Twitter and LinkedIn, so you can get your updates from there. Just follow the links on the website.

Keep Spreading the News

Thank you for signing up for the project. We want as many people as possible involved in the project, so tell all your family and friends about us. You don't have to be an amazing cyclist to join, just enthusiasm and commitment to a great cause. Also, if you have any contacts or ideas for help or sponsors, then please let us know.

Volunteers

Everybody who is helping is doing so on a voluntary basis and in their spare time. If you have time, skills, experience or enthusiasm, we would love to hear from you. Please keep an eye out for requests for assistance in the near future.



<http://www.inspireliving.org.uk/>