

Inspired Living
Newsletter #6,
April 2010



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For additional information, and to access the nutrition booklet and other useful links, please visit the Inspired Living website, <http://www.inspiredliving.org.uk>

Cardio Workout

The next cardio workout is on Sunday 9th May. It will start at 9.45am, please arrive at 9.30am (when the club opens) if you need to fill out a registration form or need to change so we are ready to start on time. We will be finishing approx 10.50am, and need to have cleared up and vacated the sports hall by 11am. There will be no nutrition session this time, the next one is on 23rd May.

As always, please bring a mat (foam camping mat type is ideal or a large towel/blanket that will cushion you for floor work) and wear appropriate clothes for a cardio workout (comfortable, allows free movement) and shoes suitable for wearing indoors without damaging the floor. Please make sure you have a bottle of water on hand as well.

There will be a donations jar available if you are able to contribute to the costs of running these sessions. We suggest £1 per person per session as a guide, and any additional money, once costs are covered, will be contributed to the Inspired Living cause.

Cycle 4 Life

The registration process for Cycle 4 Life, our mass ride from Winchester to Portsmouth, will be up and running soon. Look out for details on the website, and the link to register. Also, we will be creating t-shirts for this ride; these should be available for sale by June.

Gala Dinner

Our very first Gala Dinner will be held on Saturday 19th June 2010 at the Hilt in Chandlers Ford, commencing at 7pm with carriages at midnight. This will be a black tie event, with reception drinks, a 3 course meal, cash bar, disco and displays of cycling equipment. Tickets will cost £25 per person.

We are looking for any items that we could raffle or auction off on the night. For the raffle we are looking for quality items (please no tins of baked beans!). If you have anything suitable that you are willing to donate please let us know. For the auction, we would love some really special 'money can't buy' lots – if you have any useful contacts that may be able to provide something a bit special that would be fantastic.

Members should have been sent an email about this and regarding tickets. Please contact Barbara (barbara@inspiredliving.org.uk) for more information or if you can help.

Continental ride

We have 23 riders going the whole way, with at least nine more joining for parts of it. If you are involved, make sure you are doing lots of training, longer rides are being organised so look out for these. Details of the continental ride are being sorted, we recently had fun finding out how many bikes fitted in the van for the return journey!

Medical Research Programme

Everyone involved should have now completed the questionnaire, please do so soon if you haven't. Also, it is important you ask a control person, someone not involved in the project within 10 years of age and the same gender as you, to also complete it. The questionnaire and extra information can be found on our website at <http://www.inspiredliving.org.uk/cycling-cancer-cardiac-health/medical/>

Kitchen Demo

We are now planning a kitchen demo with Bulthaup Kitchens planned for the end of June/ early July, with Michelin star BBC TV chef Alan Murchison. More details to follow soon.

Members only area of the website

Members should all now have a username and password for the Inspired Living site. If you go to the website - <http://www.inspiredliving.org.uk/> - and enter these details in the box on the right, headed YM Membership details, this will log you in.

On the 'Cycle Project' page there are now links to member only pages with info on the continental ride, nutrition sessions and on the medical assessments.

If you do not have a username, please contact our webmaster Anne Workman - anne@inspiredliving.org.uk

Just Giving

We now have a Just Giving page, so if you have raised any funds for Inspired Living, or want to send a link out for donations instead of gifts please direct them to the [Inspired Living Page on Just Giving](#). This is also linked under the 'Donate Now' section on the right hand side.

The Fundraising page on the website contains details on how to set up your own Just Giving site linked to Inspired Living if you are planning your own efforts.

Please do not create a page yet if you are planning to take part in Cycle4Life (from Winchester to Portsmouth) as these details will be part of the registration process.

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.

You can also sign up to get updates directly from the website via the RSS or email feeds which will notify you every time there are updates to the News page. To do this 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.inspiredliving.org.uk/>

