



Health is at the heart
of every club



APRIL 2026



AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB NEWSLETTER

WELCOME TO THE FIRST EDITION OF THE AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB NEWSLETTER!

OUR CLUB FIRST BECAME INVOLVED WITH THE GAA HEALTHY CLUB PROJECT IN 2019 AS A PREREQUISITE OF OUR CLUB MAITH ACCREDITATION. WE APPLIED AND WERE SUCCESSFULLY ACCEPTED ONTO PHASE 4 OF THE PROJECT.

WE SUCCESSFULLY DELIVERED AND REPORTED ON MANY HEALTHY CLUB INITIATIVES AND WERE AWARDED HEALTHY CLUB STATUS IN 2021 ALONG WITH A GRANT FOR 1,000 EUROS TO SPEND ON HEALTH AND WELLBEING ACTIVITIES WITHIN THE CLUB.

SINCE THEN WE HAVE ACHIEVED FOUNDATION STATUS, ACCEPTING THE AWARD AT AN EVENT IN GARVAGHY CENTRE OF EXCELLENCE LAST YEAR.



AT THE END OF 2025 BERNICE REA WAS APPOINTED AS OUR NEW HEALTHY CLUB OFFICER AND ALONG WITH HER HEALTHY CLUB PROJECT TEAM – DEIRDRE MCGRATH, HELEN MORGAN, ANNE MCGRATH, ANNE AND ANDREW HAGGART AND CLAIRE MORGAN – HAS ALREADY BEGUN PROMOTING HEALTH AND WELLBEING INITIATIVES IN OUR CLUB.

AS WE CONTINUE ON OUR HEALTHY CLUB JOURNEY WE WANT TO KNOW WHAT YOU FEEL WE SHOULD BE PRIORITISING.



PLEASE TAKE A FEW MOMENTS TO COMPLETE OUR SHORT QUESTIONNAIRE AT THE FOLLOWING LINK. THANK YOU!

[GAA Healthy Club Project Community Mapping. – Fill in form](#)

STEPPING OUT IN STYLE FOR 2026



We were delighted to take part in Ireland Lights Up, meeting every Wednesday night at the Boulevard and walking up to 3 miles. We braved atrocious weather conditions to still get our STEPS in!!



We hope to host another walking group later in the year so watch this space!

BÍGÍ LINN – JOIN US!





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MyLife

BOOK CLUB CORNER



Join your club
and community
7 Jan - 11 Feb 2026

Irish Life GAA Healthy Clubs Steps Challenge

Our club joined the GAA Healthy Clubs Steps Challenge – to walk more than 4,000km (2,485 miles, approximately the distance around Ireland’s coastline) in 5 weeks to be entered into a draw to win 2,500 Euro for our club.

75 OF US ROSE TO THE CHALLENGE AND WE SMASHED IT!

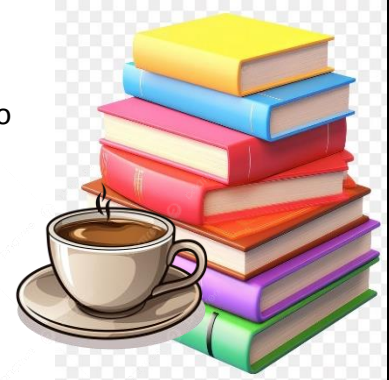
WE WALKED MORE THAN 11,780 KM (7,320 MILES) BETWEEN 7TH JANUARY AND 11TH FEBRUARY FINISHING IN 55TH PLACE OUT OF 308 PARTICIPATING ULSTER CLUBS!

Ruairí Donnelly, Brenda McShane & Pauline O’Malley finished with the Top Three mileage counts in our club!

Why not join up next January 2027 when the Challenge goes live again and make those steps count for your club!! Could you take on the Top Three? Check out our Healthy Club Facebook for more info:

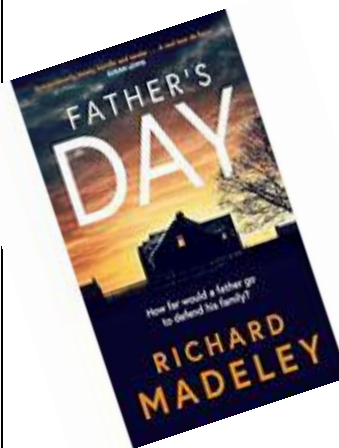
<https://www.facebook.com/share/p/1D4LTrmAu9/?>

Healthy Club have launched a small pilot Book Club. We plan to meet once monthly for a relaxed and informal chat about our Book of the Month - with some lighthearted fun thrown in too!



We’ll pass on any great reads (or those books we wished we’d left on the shelf!) here in this newsletter.

If our pilot is successful we plan to open up **BOOK CLUB** to other avid readers in our club and community!



Our April Book of the Month is;

“Father’s Day” by Richard Madeley.

How many gold stars do you think we’ll give it?



Did you know that you can join **libraries ni** for free and gain access to thousands of eBooks, eAudiobooks, eNewspapers, eMagazines and books? Check out the following link;

<https://www.librariesni.org.uk/becoming-a-member/>

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GAA Recipes for Success is a Nutritional Toolkit to Support Healthy Living and Optimise Sports Performance.



We all want to maximise our health and our performance but with so many mixed messages out there about what we should eat and drink it's hard to know what's best. The GAA's Recipes for Success booklet is filled with tasty, healthy, performance enhancing recipes that are easy to make and aims to support GAA players and members in making the right choices.

Cooking for yourself is something you can only truly learn by doing. That's why the unique partnership behind Recipes for Success facilitates bringing teams together to enhance not only their nutritional knowledge but also their practical cookery skills, one of the most important life-skills any player can develop.

This unique collaboration is about bringing together expertise, including leading sports performance nutritionist Dr. Críonna Tobin, and an array of sectors to respond to an identified need in GAA clubs for both educational and practical programmes supporting healthy eating for sport.

The Recipes for Success toolkit is filled with tasty, healthy, performance enhancing recipes that are easy to make

You can check out this tasty and nutritious toolkit at the GAA Recipes for Success link here;

https://www.gaa.ie/my-gaa/community-and-health/healthy-eating/recipes-for-success?fbclid=IwAR2Q1qq78PrENUeTUKItiSBcBDIsclg7jCe2mGNh7dQ05dbrDhm60gF3F_Y

Our Healthy Club Project Team were delighted to sample some recipes from the [GAA Recipes for Success](#) Toolkit at their last meeting. Here, they are enjoying **Porridge Bread and Easy Oatmeal Biscuits**;



You can find the simple, easy to follow recipes on the following pages of the [GAA Recipes for Success](#) toolkit:-

Porridge Bread; Recipe on Page 67.

We used chia seeds instead of flax or linseed and this was a tasty, moist bread.

Easy Oatmeal Biscuits; Recipe on Page 69.

We prepared cinnamon and raisin biscuits along with blueberry and orange and they were both delicious!





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FEBRUARY WALKING CHALLENGE FOR MACMILLAN CANCER SUPPORT

Aghaderg GAC & Ballyvarley HC

Walk 50-100 miles in February Challenge



Supporting

WE ARE MACMILLAN. CANCER SUPPORT



We raised £640 for Macmillan cancer support surpassing our £500 target!

35 of us signed up to walk 50-100 miles in February in support of this very worthy charity.

Healthy Club supports the GAA Healthy Eating Guidelines summarized in this handy infographic;

HEALTHY EATING GUIDELINES

Our club aims to create a supportive environment in which it promotes healthy eating for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole organisational approach to embed and implement the following healthy eating guidelines.

HEALTHY EATING TIPS

VEGETABLES, SALAD & FRUIT	MORE IS BETTER, INCLUDE UP TO 7 SERVINGS OF FRUIT, VEGETABLES OR SALAD EVERY DAY. INDIVIDUALS SHOULD BASE MOST OF THE MEALS THEY EAT AROUND THIS FOOD GROUP.
WHOLEGRAINS	CHOOSE WHOLEGRAIN CEREALS, BREADS, PASTA, POTATOES & RICE FOR ADDED FIBRE & SLOW RELEASE ENERGY. THE NUMBER OF SERVINGS DEPENDS ON AGE, ACTIVITY LEVELS AND ENERGY NEEDS.
MILK, CHEESE & YOGHURT	REDUCED FAT OR LOW FAT MILK, CHEESE & YOGHURT OPTIONS HAVE THE SAME AMOUNT OF CALCIUM AND OTHER NUTRIENTS WITH FEWER CALORIES.
MEAT, FISH, EGGS & ALTERNATIVES	TRY TO EAT FISH TWICE A WEEK, OILY FISH IS BEST. CHOOSE LEAN CUTS OF MEAT AND CUT ANY VISIBLE FAT & SKIN OFF MEAT & POULTRY. PLANT BASED SOURCES OF PROTEIN SUCH AS BEANS, PEAS AND LENTILS ARE LOW FAT, HIGH FIBRE ALTERNATIVES TO MEAT.
FATS & OILS	ALL TYPES OF FATS, OILS AND SPREADS ARE HIGH IN CALORIES. USE AS LITTLE AS POSSIBLE AND CHOOSE LOW FAT OR LIGHT SPREADS AND BUTTERS WHERE POSSIBLE.
HIGH FAT, SUGAR & SALT	FOODS THAT ARE HIGH IN CALORIES, SALT, SUGAR & FATS SHOULD ONLY BE CONSUMED OCCASIONALLY - NOT DAILY.

MEAL PLANNING ADVICE

EXAMINE FOOD LABELS TO CHECK FOR SALT, SUGAR AND FAT CONTENT	INCLUDE A VARIETY OF FOODS EVERYDAY	START EACH DAY WITH A HEALTHY BREAKFAST	HAVE SOME HEALTHY SNACKS ON HAND THROUGHOUT THE DAY	BATCH COOKING HELPS YOU TO BE ORGANISED & SAVES TIME	AVOID ADDING SALT TO FOOD
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OUR CLUB DOES NOT RECOMMEND

- THE USE OF SPORTS SUPPLEMENTS AND NUTRITIONAL PRODUCTS (PROTEIN & CARBOHYDRATE POWDERS/ MEAL REPLACEMENTS) CLAIMING TO ENHANCE PERFORMANCE
- BRINGING FIZZY DRINKS, SUGARY DRINKS, CRISPS, CHOCOLATE ETC. TO TRAINING OR GAMES
- THE USE OF SPORTS DRINKS, BARS AND GELS
- ACCEPTING SPONSORSHIP FROM UNSUITABLE FOOD SUPPLIERS WHO HOLD OPPOSING VIEWS

OUR CLUB IS COMMITTED TO FOLLOWING THIS HEALTHY EATING GUIDE BUT WE ARE NOT RESPONSIBLE FOR THE DIETS OF MEMBERS

St. Angela's College, Sligo
Cúlraíte San Aingéil, Sligo

Irish Life | to the community