

deterMND

Tackling Motor Neurone Disease

# ANTO'S ALL STAR

## ROADSHOW



**GUIDE TO  
HEALTHY LIVING**



# ANTO'S DETERMND ALL STAR ROADSHOW



Over the course of four weekends Anto's All-Star Roadshow team travelled the length and breadth of the country to deliver Community events to promote DeterMND, the trust started by Anto, and to promote healthy activities and choices for all those attending.

During the events it was quite clear that the DeterMND had quite a following as even in small rural communities hundreds of people came out to show their support.

DeterMND travelled to Cushendall in Antrim, Derrynoose in Armagh and De La Salle College in West Belfast with the final event taking place in Aghyaran in Tyrone.

During the four events, over 200 surveys were completed and they showed that, excluding the host sports clubs, the most popular sports team was Manchester United, no surprise there then! But the surveys also revealed that within clubs, taking part in club organised team sports was four times as popular as going to the gym. It also found that the sport that most of those surveyed would like to try but haven't had the opportunity was to play golf. Maybe there is a future McIlroy out there just waiting to pick up a club!

Anto, as a former All-Ireland Winning Antrim GAA Captain highlighted how important three factors have been in his life, not just as an elite athlete. They are; nutrition, mental health and physical activity. We will discuss their benefits further through this resource.





## Nutrition

**This isn't going to be a campaign telling you that you need to loose weight and tell you how to do it.**

Simply put, your body is an engine and it needs good quality fuel to run at its optimum. If you over fill it with fats, sugars and salts it could see you feeling tired and sluggish with no energy. Your weight could creep up on you and if your diet isn't varied you aren't getting the right amount of vitamins, minerals and nutrients that you body needs to operate every day tasks!

If in doubt, try and pick naturally colourful foods, we've listed some of their benefits below.

**Green foods** such as broccoli or cabbage – high in vitamin K, folic acid and potassium. Green foods have also been found to detoxify cancer-causing chemicals before they do damage to the body.

**Yellow/Green foods** like Avocado or Pistachios – high in vitamin C and lutein, the latter of which is extremely beneficial to eye health.

**Red foods** like tomatoes, watermelon or cranberries are also high in vitamin C and lycopene. Lycopene is a powerful antioxidant that has been associated with a reduced risk of some cancers including prostate and breast tissue.

**Yellow and Orange foods** like carrots, mangos and oranges. Beta-cryptoxanthin, beta-carotene, and alpha-carotene are all orange-friendly carotenoids and can be converted in the body to vitamin A, a nutrient integral for vision and immune function, as well as skin and bone health.

If you want to be serious about sports then your diet is critical to your performance. There are some great apps out available, many of which are free. Try myfitnesspal which you can use to track your calorific intake, set nutrient goals and combine with fitness apps like Strava to track your exercise.





## Mental Health

**While this subject isn't purely for men, the numbers don't lie. In 2013, 78% of suicides in the UK were men. The proportion of men taking their own life has risen steadily since 1981.**

### So what is mental health?

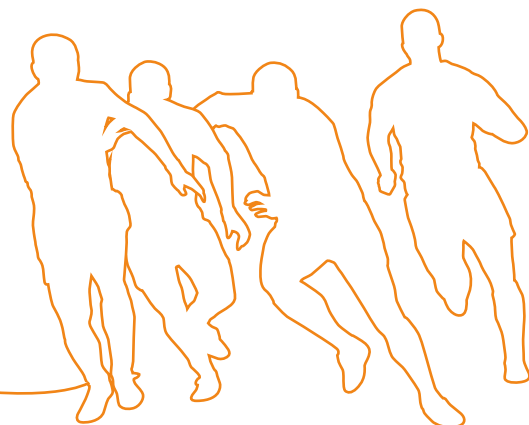
It's how you feel emotionally and psychologically. It may be due to stress in the workplace or financial worries. Men are still nearly twice as likely to work full time when compared to woman so they may feel more of a burden to financially support their family, especially when the economic situation of late has been so difficult for so many.

Sadly, more lives have now been lost through suicide, in the time since the signing of The Good Friday Agreement, than those which were lost as a result of The Troubles conflict. A chilling fact that shows how prevalent suicide is in our communities.

If you are feeling down, it is important to talk to someone, it doesn't need to be a trained counselor; it could be a friend a family doctor. Talking is the first step in the road to recovery.

Things that you can do to promote positive mental health include building relationships with those around you. Be physically active, keep learning and exploring, give to others and to live in the moment, don't dwell on would could or could have been.

If you want more information about mental health or want to talk to someone then go to [mindingyourhead.info](http://mindingyourhead.info)





## Physical Activity

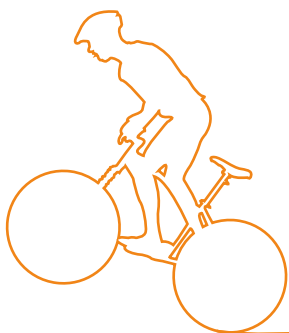
As mentioned in the previous section, being physically active can have a big impact on your mental well-being. The two go hand in hand, if you are mentally healthy you are more likely to exercise, even if it is just going out for a walk. So, make sure you enjoy your exercise, it shouldn't be a chore.

If you are treating your body like an engine and giving it high quality fuel, and if you are looking after your mental well-being by making and keeping relationships with friends then why not look at joining a sports club. Your body will have lots of energy it wants to burn and you can make more friendships with like-minded individuals.

Sport Northern Ireland encourages everyone to Get Active through participation in sport and physical recreation – don't let your gender, geography, ability, or age stop you from enjoying all that sport has to offer.

Sport is not all about competition; taking part in sport and physical recreation is fun, relaxing, and will help keep you healthy – both physically and mentally. It's also a great way to meet new people and build new friendships.

Sport can lead to new friends, new work opportunities and a stronger healthier body.



Motor Neurone Disease  
can affect any adult at any age  
**Lets be deterMND**



deterMND was established on behalf of Anto Finnegan, former Antrim Gaelic football captain, after he was diagnosed with Motor Neurone Disease (MND) in August 2012.

For more information of MND please go to [www.mndani.com](http://www.mndani.com)

For more information on the work that deterMND do and for a resource pack on health and fitness go to: [www.determnd.com](http://www.determnd.com)

We all have different abilities, in school, in life or in sport. However, it is having the right **ATTITUDE** that makes all the difference. Be the best that you can be.

- Anto Finnegan

