



## The Role of a UCC Operation Transformation Leader

### UCC Health Matters in partnership with KSG and The Mardyke Arena

**Welcome on board this exciting initiative which will last for seven weeks but will hopefully bring about a permanent change in your life!**

For seven weeks beginning on January 7<sup>th</sup> 2014 8 leaders in UCC, 4 students and 4 staff, will participate in UCC Operation Transformation as part of the **UCC Health Matters** Initiative in partnership with **KSG** (Kylemore Services Group) and **The Mardyke Arena**. This is an opportunity to start an exercise programme, create a healthier and happier lifestyle, and to begin to work towards maintaining your optimal weight and BMI!

**KSG** will provide meals for the 8 selected leaders each weekday which will be healthy and nutritious and based on the RTE's Operation Transformation menus. This will include breakfast, lunch and dinner, Monday to Thursday and breakfast and lunch on Fridays. The nutritional value and calorie content of the meals will be assessed by the **KSG** (Kylemore Services Group) nutritionist.

**The Mardyke Arena** will develop a personalised exercise plan for the 8 selected leaders and allow all leaders, students and staff, avail of the facilities of **The Mardyke Arena** free of charge during UCC Operation Transformation.

### **Be the Change!!**

#### **Commitment of the leaders;**

- Each leader will share their experience over the 7 weeks with the wider UCC community to encourage and inspire change.
- Each Leader will participate in an initial weigh-in and photograph with follow up weekly weigh-ins and photographs.

- Each Leader will also undergo a free complete medical check-up at the start and the end of the programme by the UCC Student Health Department, including blood tests and an ECG.
- The progress of the leaders will be shared on our **UCC Health Matters** social media sites and on local media so that the leaders can be 'followed' by other staff, students and the wider community.
- Each Leader will participate in an individually tailored exercise programme, developed by experts in the Mardyke Arena.
- Each leader will be given guidance as to how to manage their food programme for evenings and weekends.
- Nutritional advice will be available on our Facebook page from our own experts within UCC.
- Leaders will also be expected to participate in a short weekly blog where their feelings and progress can be shared.
- There may be some interaction with the RTE Operation Transformation social media.
- The emotional and sociological wellbeing of the leaders will be paramount and support will be available.
- Other resources for support will be available on our Facebook page for those following the programme.

This is an exciting opportunity and Leaders are asked to fully commit to the above.

**Do you want to participate as one of UCC's Leaders and change your life for the better?**

**I would like to participate in UCC's Operation Transformation and will honour these commitments to the best of my ability for the duration of the initiative**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Student/Staff No.:** \_\_\_\_\_

## Guidance for UCC Operation Transformation Leaders

### -Achieving Goals, Useful Tips & Tools, Information Sharing & Social Media

Now that you are embarking on this exciting journey here are a few suggestions that will help you achieve your Goals and avoid unintended/unwanted outcomes:

- Be specific about what you want to achieve; e.g. lb. weight loss in 7 weeks
- Be realistic in setting targets: Be ambitious, not overambitious
- Commit your goals to paper: Write down these goals in your Diary
- Describe, in writing (in your Diary), how achieving your goals might
  - make you feel physically
  - make you feel emotionally
  - alter how you look and feel about your appearance and yourself
- Consider showing and sharing these goals with someone whom you trust
- Be pleased when reaching interim targets or noting small improvements

UCC Health Matters ,KSG and the Mardyke Arena have provided you with a variety of supports. Consider using other tools that you might source elsewhere:

- Smartphone and PC Tablet users can access a wide range of APPs on-line
- Follow your own progress carefully using the option of either daily and/or weekly weights plotted on your personal Excel spreadsheet. Buy a Scales.
- Use the resources available from RTE Operation Transformation:
  - Watch the weekly episodes of the TV programme for inspiration
  - Read their website and follow their Leaders' progress
  - Follow the RTE Op trans Facebook Page
- Use the support of your friends, family, and the wider UCC Community
  - Recruit moral support by encouraging comments on the FB page
  - Get fellow students, clubs & socs, work colleagues, friends or family members to join you on walks/runs/swims
  - Get a friend or family member to follow the OpTrans menu with you, especially in the evenings and at the week-ends
- If you intend to stop smoking as well, use other resources if needed
  - Nicotine Replacement Therapy (Patches, gum etc.) is often needed/is helpful to reduce cravings if you smoke > 15 cigs per day

Being in the limelight will have many positive benefits for you. It will help provide the motivation to continue, and is likely to improve your support networks, as old (and new) friends offer encouragement and report being inspired by your efforts. Being in the limelight may have its challenges, being aware of these will ensure you benefit from the experience whilst minimising the potential for unintended outcomes :

- Your role as a leader has a secondary benefit for others Remember, your primary responsibility is to yourself. Enjoy it and succeed.
- The use of Social Media is likely to be central to the effectiveness of this initiative in stimulating and facilitating change amongst the wider student body and UCC community. In posting and using social media;
  - Disclose only information that you are comfortable with e.g. Targets wt. loss, rather than absolute weights, if you are uneasy about posting your weight publicly
  - Be positive and encouraging in your comments about, and to, others
  - This is not a "confessional documentary", you do not have to reveal your "inner-thoughts". Posting "*having a bad day today- tempted to eat more!*" is probably more appropriate than "*Spent all night last night crying in my room, #starving*". Consider the effect on yourself and others.

#### **On-going Support;**

- Mr Paul Moriarty, Head of Student Counselling and Development has offered to arrange to see any of the Leaders to offer on-going advice, encouragement and support up to once weekly, for the duration of Operation Transformation UCC
- Dr Judy Dwyer and Dr Aoife O'Sullivan of the Student Health Departemnt will undertake the weekly weigh-ins and measurements and monitor your physical progress
- Charlotte Cummins KSG Nutritionist and Dr Janette Walton, National Nutrition Survey Group in UCC will offer weekly e-mail and Facebook nutritional advice and comments.
- Alanna and Claire, Personal Trainers in the Mardyke Arena will advise on your exercise regimes



## Arrangements for Operation Transformation Menu and Food

**KSG (Kylemore Services Group) have confirmed the following**

- All meals available only in The Main restaurant on Campus
- Breakfast available from 8am-11am
- Sandwich Bar available from 11-4pm
- Hot Food available from 11.30-7pm
- Sandwiches are available as a take away option but you need to ask for this before your sandwich is prepared
- Hot Meals are also available as a take away option but you must provide your own plate.
- Storage/Re-heating of takeaway foods is your own responsibility and KSG will always recommend that food is eaten in the restaurant at the time of service.
- You must go to a till point and show your staff/student identity card to the cashier at each meal.
- Your meals are sponsored for Breakfast, Lunch and Dinner Monday to Thursday and Breakfast and Lunch Friday.
- Only meals in the Operation Transformation plan are included in sponsorship.

In the event that you are not using the option of getting your meals through the Main Restaurant, (evenings or week-ends), you should stick to the recommended calorie and menu intake as per Charlotte's (nutritionist) advice.

Enjoy the Change.



## Arrangements for Operation Transformation in the Mardyke Arena

Your group and personal training plans will be devised by Alanna and Claire from the Mardyke Arena, and arrangements for availing of the facilities will be discussed with you at your first personal assessment at the Arena

Best of Luck

[www.facebook.com/UCCHealthMatters](http://www.facebook.com/UCCHealthMatters)