



Vigour – The Fitness & Wellbeing Festival Ballincollig Regional Park, 20th August 2017

In early June 2017 a small group of people got together to take on a difficult task to hold a Fitness & Wellbeing Festival in the Regional Park in Ballincollig. We, Jen & Niall O’Callaghan of Everyday NFW (Nutrition Fitness & Wellbeing) provide Health & Wellbeing Solutions to Businesses & Individuals in all aspects of Nutrition Fitness & Wellbeing. The date was set; 20th Aug. Our first success in this event was getting the right team involved. Catherine Hassett of the Ballincollig Health & Wellbeing Magazine and Anthony Buckley of the Physical Activity & Wellbeing Office of Cork County Council were the perfect fit. In just 10 weeks we pulled it out of the bag.

Passion, positivity, encouragement and action were the ideal blend of attributes which got us to our goal. The goal was to provide a free event where the public could try out new and diverse exercise activities and be inspired by local and national leaders in sport and psychology. What we delivered: 35 sessions in 5 zones including talks from Kathryn Thomas, Anna Geary, Bibi Baskin, Sinead Kane, Neil O’Brien & Gerry Hussey. Local stars Sanita Puspure, Paddy Kelly, Audrey O’Flynn, Neal Horgan & Juliet Murphy all played their part.

People participated in Zumba, Yoga, Pilates, Tai Chi, Strength & Conditioning Training, HIIT Training and Capoeira all for Kids and Adults alike. While we got heavy rain in the morning, the day was a roaring success with over one thousand people visiting throughout the day with a dry and warm afternoon, when people could chill out on the picnic benches and sample some of the great range of health food available. The feedback from the day was amazing, with people learning about nutrition, finding inspiration to follow their dreams and discovering new activities which they now want to continue.

Thank you to everyone who came along and who helped on the day.



How did it Happen?

It happened because of a driven enthusiastic group of people organising it. But behind this was a group of business who really got behind this group.

The **Main sponsors** were:

- **Cork County Council**
- **Quish's SuperValu Ballincollig**
- **O'Flynn Group**



These organisations could not have been more supportive for the event and it is something that we are very grateful for. It was a great vision of these companies to encourage active health & wellbeing in the Ballincollig Community. This through eating healthy good food, exercising regularly and having fun doing so, and getting some headspace to build resilience and assist with stress management



Zumba Class



The Ladies Sportstars Panel

We had many other additional local sponsors who backed us for the event and it showed when a group of people get together with a common vision, amazing things can happen. Our other sponsors were:

- **Denis O'Sullivan & Associates Consulting Engineers,**
- **All Dolled Up Hairdressing Salon,**
- **O'Mahony Walsh Insurance,**
- **Bank Of Ireland Ballincollig,**
- **Frank McCarthy Haulage,**
- **AIB Ballincollig,**
- **HealthCare 21,**
- **Ballincollig GAA.**
- **Lidl, Ballincollig.**
- **Thanks also to Snap Printing & Connect Pro.**



So what was it?

We had an amazing line up which made sure that there was something for everyone going on all day long. These activities took place in 4 large stretch tents which were set up in the park. There was also Mindful Walking and Foraging Walks which took place. There was lots of food available with lots of health food on offer from the stalls which were in the park.

Vigour Main Stage	
10:00	Carnival (Capoeira Display from Raul and RB Fitness)
10:15	Sinead Kane - Ultra Runner
10:45	Food Demo – Nourish Yourself With Food! Jen O'Callaghan (Everyday NFW) & Chef Michele McCormack
11:30	Bibi Baskin - Follow The Dream
12:00	Nutrition Panel Discussion and Q&A Jen O'Callaghan - Everyday NFW Miriam Kerins Hussey - Integrated Health & Wellness Annaliese Dressel - Health Hub Mark Murphy - CNM
13:00	Chatting with: Kathryn Thomas Hosted by Niall O'Callaghan - Everyday NFW
13:45	SportsWomen Star Panel with Kathryn Thomas Anna Geary - Camogie Juliet Murphy - Football Sanita Puspure - Rowing Audrey O'Flynn - Hockey & Rugby Sevens
14:30	Gerry Hussey - Performance of a Lifetime: 900 months to make a difference.
15:20	SportsMen Star Panel with Aodan Enright Paddy Kelly - Football Neal Horgan - Soccer
16:00	Neil O'Brien - Succeeding @ The Speed of Life!
17:00	CLOSE

Fitness Zone	
10:15	H.I.I.T Class (Darren of Dennehy's Health & Fitness)
11:15	Beginners Capoeira (Raul from RB Fitness)
12:00	Circuit Training (Emma & Clodagh from F.1.T)
13:00	Beginners Strength & Conditioning (John from Fitz Fitness)
14:00	Zumba Dance (Danny from Zumba Fitness)
15:00	Bootcamp Workout (Thomas from Pure Results Bootcamp)
16:00	Exceed Workout (Josh from Exceed Fitness)

Yoga Village	
10:15	Floor & Core (Alexandria of SuperPhysioFit)
11:00	Introduction to Yoga (Miriam Kerins Hussey from Integrated Health & Wellness)
12:00	Tai Chi (All levels) (Ann McIlraith)
13:00	Ashtanga Yoga (All levels) (Claire from Cork Yoga with Claire)
14:00	Hatha Yoga (All levels) (Gus & Brenda from Peak Performance Flow)
15:00	Pilates (All levels) (Claudia)
16:00	Vinyasa Flow Yoga (All levels) (Hazel from The Yoga Tree)

Kidz Club	
10:15	Kids Capoeira - All Ages (Raul from RB Fitness)
11:00	Family Balance; Mind & Body For Parents & Kids (Bethan & Pat)
12:00	Family Yoga (Diana Whelton)
13:00	Kids Zumba (Danny)
14:00	Teen's Yoga (Hazel from the Yoga Tree)
15:00	Kids Yoga (u13) (Diana Whelton)
16:00	Kids Capoeira - All Ages (Raul from RB Fitness)

So who attended?

It was a free event to the public, no charges were applied. Over 1000 people attended the event, this was despite the torrential rain that we got for over half of the event. The sunshine in the afternoon definitely brought more people out to enjoy the event as they chilled out with their families on the picnic benches provided throughout the area.



Miriam Keirins Hussey (Yoga)



Jen O'Callaghan & Michele McCormack



Sinead Kane



Sanita Puspure, Audrey O'Flynn, Kathryn Thomas, Jen O'Callaghan, Juliet Murphy, Anna Geary, Niall O'Callaghan



Niall O'Callaghan, Jen O'Callaghan, Declan Hurley Mayor of Co Cork, Catherine Hassett Anthony Buckley



Niall O'Callaghan & Kathryn Thomas



Neil O'Brien & Gerry Hussey



Food stalls



Kids Yoga



Adults Yoga Class

What people said about it:

What a fun day we had on Sunday at the Vigour: Health & Wellbeing Festival in the Ballincollig Regional Park! Thanks to all the lovely Yoginis who came to my Elemental Vinyasa Flow Yoga class, where the weather was incredibly synchronised with our Yoga Elements, it poured rain during our Jala/Water Element, the sun shone during our Agni/Fire Element and the wind blew during our Vayu/Air Element. The power of Yoga!!! Roll on next year!!!

Hazel (The Yoga Tree)

..this was fantastic today

Noelle O'Brien

Undaunted by shocking early morning weather, myself & my daughter attended the inaugural & brilliantly organised Vigour Festival. What a treat. Sampled yoga, and tai chi and listened to inspiring speakers. The sun even obliged & shone brightly.

Carolyn Cotter

Brilliant event. Hope it returns next year along with the sunshine. Inspiring

Muiris Quinn

When I decided to take part in Vigour; Health & Wellbeing Festival I had no idea what to expect, other than it would be successful and really well organised because of the people running it. But, I'm happy to say, I wildly underestimated just how successful it would be! I don't think I was alone in feeling somewhat dejected when I saw the weather on the day itself. But from the moment I arrived at the Regional Park the atmosphere was one of positivity and community as we all helped each other get our stands set up and everything ready. The fantastic organisation of the event was apparent from the start. The general layout, the tents and awnings, the quality of the guest speakers all helped to draw the crowds despite the weather. And as the day cleared more people came. Partaking in Vigour brought an awareness of my presence in Ballincollig that would be hard to beat. I have secured a number of new patients directly from my participation in this event. I am already looking forward to next year's Vigour and hope to play an even bigger role in this amazing event.

Dr Fiona Barry (Comhar Acupuncture & Wellbeing)

