



DIT- FIT

Promoting Health & Exercise Among DIT Staff

Contact: dit.fit@dit.ie

Fellow staff members of DIT, it is my pleasure to tell you about “DIT – FIT”...

Over the coming 12 weeks, I, and the sports and recreation team in DIT will arrange regular exercise and healthy activities for you. Each Tuesday, starting on **Tuesday 29th September**, we will arrange a series of walks, cycles, and events during our lunch break. Using an upcoming survey, we plan to increase, improve and let you know the range of activities available to you.

We REALLY hope you will get involved.

Although there is a level of organizing behind each event, **you** can take it in your own time, at your own pace, with your own friends, as often as you want. (It is recommended to take at least 30 minutes brisk walk EVERY day). *As well as the obvious physical benefits, we hope there will be a social side to DIT- FIT too. It is always nice to meet new people from other parts of the DIT network and if we have the opportunity to share a healthy lunch, or learn a healthy menu, then so much the better.*

Tuesday 29th Sept

- 12.00- 2.00pm: “HEALTHY LUNCH Special”, In Bolton St canteen.
- 1.20pm: The head chef, Martin Lydon will give a short talk about healthy food choices and menus (print copies available).
- 1.30pm: Short guided tour of Bolton St. and Linnenhall colleges.

What you should do is:

- 1) Get a friend or colleague to walk with you to Bolton St
- 2) Send an email to dit.fit@dit.ie to say how many of you are coming (so I can give Martin an idea of how much to prepare
- 3) Bring a copy of this letter (to collect special offers
- 4) Wear sensible walking shoes

And I'll see you there!

Tuesday 6th October

- 12.30 - 2.00pm: “Healthy Lunch special” in Kevin St canteen
- 1.20pm: Short talk by head chef on Healthy choices and menus
- 1.30pm: Quick tour of Kevin St College.

What you should do is:

- 1) Get a friend or colleague to walk with you to Kevin St
- 2) Send an email to dit.fit@dit.ie to say how many of you are coming (so I can give Mary an idea of how much to prepare)
- 3) Bring a copy of this letter
- 4) Wear sensible walking shoes

And I'll see you there!

Tuesday 13th October

- 12.30-2.00pm: Cycle (or walk) to Grangegorman.
- Today we encourage you to bring your bicycle or hire one of the Dublinbikes.ie. This is an unbelievable service and we thoroughly recommend you use it. Bring a healthy packed lunch. (Your lunch should take no longer than 5 minutes to prepare)
- Guided tour of the grounds and facilities and proposed new buildings. Picnic lunch **OR** indoor lunch if the weather is bad.

What you should do is:

- 1) Get a friend or colleague to cycle / walk with you to Grangegorman.
- 2) Send an email to dit.fit@dit.ie with general outline of your particular “Healthy Packed Lunch” I will compile these into a “healthy packed lunches” booklet and distribute it free. The idea is to give each other some new ideas for healthy packed lunches
- 3) Wear sensible walking shoes

And I'll see you there!

Tuesday 20th October

- 12.30-2.00pm: Cycle (or walk) to Wellington Monument in the Phoenix park.
- See Dublinbikes.ie. Bring a healthy packed lunch
- 1.20pm: Quick Guided tour of the monument and a game of Frisbee and picnic lunch. (If the weather is bad, we can go to Grangegorman again)

What you should do:

- 1) Get a friend to cycle/ walk with you to Wellington monument
- 2) Prepare one of the healthy packed lunches from your booklet
- 3) Wear sensible walking shoes

And I'll see you there!