

## Operator signs up to scheme that promotes mental health

A SHEFFIELD charity which operates leisure facilities all across the region has highlighted its commitment to promoting positive mental health and wellbeing by signing up to a national sports initiative.

Sheffield City Trust, which operates venues including Ponds Forge International Sports Centre and the English Institute of Sport – Sheffield, has become a member of the Mental Health Charter for Sport and Recreation.

The scheme, created by the Sport and Recreation Alliance in partnership with the Professional Players Federation and mental health charity Mind, shows how sport can use its collective power to tackle mental ill health and the stigma surrounding it.

It aims to ensure that the sports sector can help make mental health a commonly understood matter and actively tackle discrimination to ensure that everyone is treated with dignity and respect.

Healthy partnerships manager at Sheffield City Trust, Rob Womack, said: "By becoming a part of this national scheme, we aim to show how sport and recreation not only improves physical health but can also contribute to good mental health and wellbeing as well."

"SCT believes it is vital that everyone has the chance to take part in and benefit from sport and recreation.

"We therefore aim to promote and adopt good mental health policies and best practice to ensure that people affected have the same opportunities across our venues than anyone else."

# Super Bowl winner launches 'game changer' kit at LIW

By Christina Eccles

SUPER Bowl winner Brady Poppinga launched a new piece of fitness equipment into the UK market at this year's Leisure Industry Week; describing it as a 'game changer' for gyms and their members.

The XPT was designed by Brady to enhance his own speed, power and explosiveness as a professional athlete and is now available to the fitness industry, via supplier Rubicon Sports.

The power rack combines the benefits of free weights with the safety of machine weights by including a patented quad lock braking system with a linear guided barbell.

The barbell is incorporated into the rack and enables vertical, horizontal, diagonal, lateral and rotational bar movement, engaging all muscle groups as in free weight training.

The patented quad lock braking system incorporates two levers on the bar.

These are closed by the hands as they grip the bar and when braking is required, simply opening the hand automatically releases the lever and engages four solid steel locking pins, catching and stopping the bar in any position.

Brady explained: "The XPT is a game changer. It combines the safety of a machine with the benefits of free weight training in one compact unit."

"The biggest thing for clubs is that it creates the feeling that they care about their members. For gym own-



Brady Popping with the XPT power rack that he designed.

ers, there's also that sense of peace of mind. Members can lift in a way that's beneficial and safe."

According to Brady, the response to the product so far has been 'amazing' and he told Workout, he enjoyed chatting to people on the show floor to explain the benefits of introducing the kit into their gyms.

He added: "It's been great to see people's reactions. It's so unique as users can lift in a way that's safe, without any compromises – it combines the best of both worlds."

Director at Rubicon Sports David Shaw added: "Having met Brady in Germany at FIBO, we were very excited about taking on the distribution of this fantastic innovation."

"At LIW, we had such a great

response to the XPT and it was really nice to have all our positive thoughts confirmed by such a large cross section of the health and fitness industry. Two unrelated people went as far as to say that this was the best piece of equipment they had seen at LIW in their 20 years of coming to the show.

"Because of the safety of the braking system combined with the free flowing barbell, it fills the needs of all the gym users from the novice to the performance athlete."

"We see the XPT having a place in every gym in the country from schools, colleges, corporates to health and fitness clubs and sports clubs and so we are looking forward to a busy time and some very happy customers in the next few years."

## Gym gets hands-on with its sponsorship of half marathon

TONBRIDGE gym The Strength and Conditioning Institute was a true hands-on sponsor of the Tonbridge Half Marathon, providing a free stretching and mobility facility for runners to use both before and after the race.

Up to 1500 runners took on the 2015 event, which this year celebrated its fifth annual race.

Director and head coach Alex Shoebridge said: "The buzz at the Athletes' Village this year was amazing, and is a tribute to runners, sup-

porters and the organisers. We are so proud to have been involved, and to be able to personally congratulate and chat to so many runners as they recovered after the race was a real privilege. Congratulations to all who took on such a challenging course."



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