

# Who does rowing appeal to?

Our Club is made up of a rich variety of people from all walks of life ...

a car mechanic, a nurse, a doctor,  
policemen and women, a lawyer, a graphic designer,  
a couple of artists, writers, a PhD student, a butcher,  
a chef, accountants, naval officer, journalists, a baker,  
a farmer, a wine merchant

As a club we pride ourselves on having most things covered with our respective occupations.  
**The common thread is our love of rowing and a strong team spirit.**

## The Health benefits of rowing

Regular physical activity improves health. Activity also benefits wellbeing, such as mood, relaxation and release from daily stress.

### Why choose rowing?

Rowing can play a significant role in helping individuals achieve health-enhancing physical activity guidelines.

### Rowing burns calories!!

For a lady, vigorous rowing burns seven calories a minute, 222 in half an hour. It's a bit more for a man - 9 and 259. So a 15 minute race burns about 111 calories for a lady. The disappointing thing is this equates to less than an ounce of cheese, or about one ounce of roast beef, half a small Cadburys Dairy Milk, three Quality Street, just under half a tub of Hagen Daz, one large banana or less than a can of coke.



### What Does PIRC Offer the Local Community?

#### Friendship:

We are a welcoming group of motivated individuals who provide support to each other in and out of the gig, and through rowing have generated friendships that will last for years!

#### Healthy Lifestyle:

Rowing encourages regular exercise which is essential in maintaining a healthy lifestyle.

#### Reduces Social Isolation:

We are an inclusive club and work to remove barriers to those who may otherwise not feel able to participate. In doing so, we are able to reduce social isolation, and bring people together from different backgrounds.

#### Rowing as a medicine!

Cornwall has large areas of social deprivation and with this comes an increased incidence of mental health problems, including low mood, anxiety and depression. Regular exercise can boost our mood if you are depressed and we are motivated as a club to provide this therapy!

#### Travel:

The club enters many local regattas in the South West as well as venturing further afield, competing in the World Pilot Gig Championships in the Isles of Scilly, entering the Great River Race in London and even travelled to Brittany to take part in an event!

#### Making a Difference and Changing People's Lives

We are passionate about working towards an active future. We know that there is an obesity crisis looming, and that very few adults meet the recommended activity levels of 150 minutes of moderate exercise a week – rowing for an hour three times a week whilst catching up with friends, enjoying the beautiful Cornish scenery and having fun would more than cover this!

### Rowing is an all-body activity

- The predominant muscles used are in the legs, buttocks, lower back, shoulders and arms.
- Regular rowing can improve core balance and muscle strength in maintaining correct posture.
- Rowing is a low impact exercise - it has low impact on the joints and bones and because of this many people over 60 take to rowing and even compete well into their 80s.
- Rowing can provide rehabilitation to people coming back to activity after an injury.

### Rowing is cardiovascular

Rowing is a cardiovascular, strength and endurance activity, key to maintaining a healthy heart and lungs, reducing the risk of heart disease.

### Rowing improves mental health

Exercise generally improves mood and rowing has links with "Blue Gym" health benefits. Rowing can be a very social activity.

