



Historic churches in danger of losing their bells are championing a new fitness craze. The Churches Conservation Trust (CCT) which has rescued over 340 listed buildings across England is adopting an unusual approach to getting people involved with their local churches and raise money for buildings at risk. CCT has teamed up with YMCA Fit and the Ringing Foundation to encourage bell-ringing groups across England to welcome new ringers and raise funds to save churches and their bell towers by starting "Ring for Fitness" bell-ringing classes.

ding-dong you're fit!

One Bell of a Workout: The Health and Fitness Benefits of Bell-Ringing

Learning the Ropes

Ringing, particularly Method Ringing requires a combination of skills. Bell-ringing technique is all about holding the rope correctly, moving with it and catching the rope at the right place and time. Stand with legs slightly apart and with both hands on the sally handgrip, stretch up as far as you can, keep the rope 6" from your nose, and pull straight downwards to the floor.

Health & Fitness: What you will Improve

- **Step in Chime (Motor Skills)** - Pulling a rope may look like hard work, but in actual fact it's more about having great rhythm. Improve your **agility, co-ordination, and reaction** time, by achieving the perfect rope pull.
- **The Perfect Tone (Body Sculpting)** - The downwards rope-pulling action will improve your upper body strength whilst working **biceps, quads** and **calves** with minimal force.
- **Steeple Chase (Cardio)** - Climb a steep winding belfry staircase at your own pace for a full-body cardiovascular work-out. Ringing will increase your heart rate without over-exertion.
- **Tower of Strength (Muscle Endurance)** - Bell-ringing can be an endurance activity. During the Queen's Jubilee some bell-ringers were ringing for over 3 hours. Swinging a few hundred pounds up to a ton of metal above your head will increase both strength and stamina.

Get Focused

Bell-ringing is a skill that requires many months of dedicated practice to become an expert rope puller! Hone your focus and concentration to remember the complex patterns and alternating rhythmic sounds.

Be Social

Meet new people of every age from all walks of life. A great benefit to bell-ringing is the fantastic social aspect and opportunity to increase active living. Once you have learned the basic techniques you will always be made welcome when you visit other towers. There are more than 5,000 in this country suitable for change ringing.

With grateful thanks to YMCAfit, a national training provider for exercise professionals, fitness instructor Trevor Clarke and Tom Lawrance at Foster Lane.



For more information on the Churches Conservation Trust and bell-ringing go to www.visitchurches.org.uk

Contact Your Local Bell-Ringing Group

BELLRINGING
AT BADBY
every Wednesday
evening



THE CHURCHES
CONSERVATION TRUST