

Behind the scenes at the Ad Break Challenge!

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Hi, I'm Katie Jones and welcome to R.T.E. OT Podcast. Operation Transformation sees leaders from all over the country take on a health and wellness plan with aim of resetting and kick -starting a new chapter in their lives.

I was a leader on the show two years ago and it changed my life. I'm delighted to be back hosting this podcast. You can email us at optranpodcast@gmail.com. Please send us your questions and let us know how you are getting on.

The Ad Break Challenge has become one of the hallmarks of Operation Tantamation ever since it first appeared in the show. Every week, Karl Henry asks the viewers at home to join in for some basic exercises that last a whole entire break.

It's a simple idea that gets people up off the couch but over the past few years, Karl has been getting entire towns and communities moving together for the ad break from Tullamore to Edenderry, from Cavan town to Stradbally.

It's an amazing way for people in their local communities to get out and get active and I decided to go along to the filming of the latest ad break challenge in Mullingar, home of the legendary Joe Dolan.

We're only going to do burpees and press -ups, is that okay? Yeah? Okay, alright. So, now, very serious, lots of burpees. So, health and safety, positioning is important. There's loads of people, there's kids, there's older people as well, it's nice to see people out and about, they're kind of getting their movement in, especially with the weather being like this today, it's so nice to see everyone getting out.

It's loads of crowd, it's something we feel like, oh wow, it's great to see it because like when you see it on the TV you don't think it's going to be huge but it's really great to be here. I don't know why I have never been to one before I suppose, maybe because the distance was nice to kind of get involved and feel a part of the show again this year as well.

As Karl was having his microphone pack put on by a TV crew I got a chance to have a quick chat with him about the Adbreak challenge and what it means to him. So Karl, this is my first time at the Adbreak challenge.

What goes into it? There's loads of people here already. We're not starting from the 15-20 minutes. We've got a big crowd. We're going to have lots of fun. They've been filming all day with the team from the Harriers, which is brilliant in terms of the stories, in terms of community, in terms of content, and now we're going to have a little bit of fun.

They're going to work hard for half an hour or so. And it's important because we get people off the couch. We get them moving. We get them exercising. It's all down to the crowd. And what's made this year have been amazing.

Every Adbreak we've been to, they've been bigger, louder, better, and it's been brilliant. Yeah, it's brilliant to be here. And it's so exciting. Everyone is buzzing to go, aren't they? They love it.

They really do. And there's a kind of a trial -all thing, right? So like, you know, motor goes, and then money go after you really goes, and then you can gather. So there's a compatibility to it too.

But people love it. And the people of all ages here, we've got children, but young people, old people, grandparents, it's great to see. It's a bit of a crack. It's movement. Friday evening it's a bit strigh up now actually but it was wet during the day.

But see so many people here already it was just absolutely no. If Randy doesn't watch the show like Lock O' and the intro doesn't it behind the scenes and the one -hour show it takes a lot of time to film.

There's so much that people don't see and tonight we'll show you that. Like you know I've the easy bit I get to turn up and be kind of the jazz hands friend of the beast but the behind the scenes of the camera the work that goes into the council getting involved you don't see the work that goes in and for you to see even for the outbreak just how long it takes for the short little sit clip that people see there's so much work that goes into it you know what it's worth it.

We know people are watching we know people are exercising during the outbreaks and that's what's the most important thing. They're having a bit of a crack and a bit of fun and the families are just getting involved which is deadly.

Yeah and people start their journeys from here don't they? Oh they do and we've seen that with Evan this week in terms of his self -belief his seven -zone journey it's been absolutely incredible and it all starts at one step and that's what this is about.

It's trying to encourage people to take that first step in terms of health in terms of wellness and to see what our leaders have done over the course of the last six or seven weeks like and in terms of restraint and our balance the fitness gains that the Yadara has made of Michelle and we encourage people to take that first step and seeing the communities and what communities do it's another layer of that.

What's around you look locally communities like this exists all around the country so find one take that first step and get well. I love that. So we're next to Joe Dolan set you are you Joe Dolan fan I'm not really.

I'm in charge of Joe Dolan fan. Oh hey! I love finish Joe Dolan. I must go home tonight and watch some of this video. I've got to go look at the car every now and again. I love that car. We know dancing done tonight that's for sure.

Oh car please you might get going. Yeah you don't want to see me dance Katie I absolutely promise you. Yeah that's for sure. With the preparations done it's time to get moving. Welcome to Monagar County Westmead the home votey 2024 this year and this week's outbreak challenge it's me it's Joe Dolan and all these people!

Feel free to join in. as you listen. Well, I hope you're excited at home because the pressure is on for the first ad break challenge. Very, very simple. Hands up in the air. Right hand, left knee, left hand, right knee, the whole ad break, up off the couch in three, two, one, let's go, monagar!

Lovely. Keep going. Keep going. Really high. Really high. Really high. Really high. What you might not know at home is that while the ad break only lasts a couple of seconds on telly, it takes a bit longer to fill them.

All the exercises kept us all feeling very toasty. They're ready for the next one, aren't you? I hope you're ready at home. Hands up in front this time. We're going to go to the right, then to the left for the whole ad break in three, two, one, go!

Right, left, right, left. I love it. Keep going. Each week, the ad break challenge is introduced with a story of a local ad break hero. This week's story was about a local man, Evan McCormick, who made an incredible health and fitness transformation to his newfound love of running.

I was looking forward to chatting to him as the story is so similar to mine. Since 2013 I've lost over eight stone now at this stage and just running away as well. That's incredible, so what happened from the eight stone?

Did you want to start a new lifestyle change? I did a transformation challenge and basically I just took up running from there. I ran 5Ks and then I started coaching then as well and since then I've just non-stop running.

That's incredible, and the smile on your face is like how passionate you are with running. Yeah, and the coaching over the last couple of years now has really taken off now. You probably never taught or you get to this point, did you?

No, not in no way. Eleven years ago definitely not. I couldn't even run one kilometre. Since then I've done thousands of miles. It's mad. 15 marathons under my belt. 15 marathons, yeah. And so from losing the weight, was it just nutrition and getting into it?

Yeah, just nutrition. Predominantly it was all nutrition. Wow. Like your life has completely changed? Oh, completely changed. It's fully absorbed by running and coaching at this stage at the moment. And do you think the mindset changed as well?

Oh, definitely. Completely changed. Even now I was saying earlier on today, I have different circle of friends now compared to what I had 11, 12 years ago. It's complete. Like any friends, most of my friends now are running people and I've met through out the years with them.

And coaching the people to get to marathons levels as well. Yeah, well I've coached from everything. Like I coached from 35 minutes, 45 minutes of 5K all the way down to 15 minutes of 5K. But probably I would coach marathons runners as well.

It's brilliant, wow. Coming to an ad break for my first time and what did you expect coming to it? I actually didn't know what to expect. The crowd that was here then as well and actually all the kids and all the adults getting involved in it.

And even for the 2 and a half minutes, the only thing I didn't want to realize how long 2 and a half minutes actually is when they're having to do the exercise on it. So yeah, it was really, really good.

For a show up at a time on the show, it does like it's talking over to everything. But to see the crowd coming out and people like in the rain, they were just there. doing it. Loving it as well. You kind of forgot about it.

You didn't actually realise it was actually raining at the time. Oh no it's brilliant, don't be part of it. It shows OT is kind of like bringing everyone together. Yeah like Dan you spoke about mindset there, people getting out now and just exercising it's just really really good like it's really positive for the mindset on it.

And would you get loads of people to talk about the mindset and everything? Yeah something that over the last couple of years is actually really becoming more and more involved with people like I'm actually getting more interested in as well.

We actually have a workshop next week on mindset and so and I am actually going to a couple of talks so it is actually it's becoming more and more prevalent in exercise now as well. It's not just exercise, mindset is a massive thing in and out as well.

I don't want to be talking to you like that way to go back running as well myself but I know running has literally changed my life as well. I didn't think I would enjoy as much as I do and mainly from ahead as well.

That's the thing. I get to run down. But like I caught an awful lot of people who trying to find a work -life balance and have families and I said to them look if you can't get out for 50 minutes this like you need you need to make 50 minutes for yourself.

Like a run doesn't need to be a fast 5k. 5k is a 5k regardless of 45 minutes or 25 minutes. I love that because we go pressure on themselves and amounts our own stone days. When I started coaching in the club two years ago, we've changed the way we used to do things up there.

So everyone does the same session. So we have 80 people up there and everyone that comes through the gate does the very same session regardless of their pace. So if we're planning a 25 minute session, everyone does that session.

And so it's only the pace that dictates of what the person is doing. Some people do be kind of like afraid to start because they said, I've run my country. Well, I'm only in the club now myself the last five years.

So I'm running 10 years, but I'm actually only in the club five years because I didn't want that competitive. I always talk clubs are competitive and I'm not a competitive person. And when it comes to running, so I always thought so.

It's only the last five years. I've actually seen the benefit of the club. That's brilliant. I think hopefully clubs can take on that as well. Oh, definitely. As I said, everyone we get through the gate does the very same session.

So regardless of what they're training for. Evan is honestly amazing talking to you. Best of luck and thanks for giving me the motivation to keep going. No problem. That's what I inspire to do. I also got to hear from some of the locals who took part.

So do you enjoy the ad break challenge? Yes, I did. It was so fun. It's my first one coming down. I didn't expect like behind the scenes how it goes. How did you find it? It was pretty good. Yeah. Would you like to introduce yourself to listeners?

Oh, Gareth Paul, American Money Guy, Gareth Station, I'm in the Community Policing Office there. Is there a wire day for Karl Henne's wrist? In a few seconds, I will find out. Yeah. I'm sure it does not.

What do you think about the ad break challenge? Oh, that was so much fun, but I wasn't able to keep up with it at all. I mean, I tried some of this, but like, you know, 45 seconds. No, I'm not going to last that.

It's kind of tiring after this, isn't it? It is, yeah, yeah. But it's well worth it to do it for a short amount of times and stuff like that. It's so nice to see the families all come together, isn't it?

Just doing a short break. I challenge myself. They had so much fun even in the middle of the set up, you know, they were all dancing and, you know, having the fun. Like for a short amount of time on TV, they took two areas, but it's a great kind of atmosphere.

Awesome. It's really awesome. I was going to meet so much more. They're definitely going to be watching all of the show. That's for sure. You all went home really happy, didn't they? Yeah, all of the day.

Did you enjoy it? I did, without a doubt. come back again next year. Oh definitely. You're very welcome. Oh thank you, it's been a lovely time being out here. The town is really busy, I can't believe how busy it is.

Oh yeah, Friday weekend. Thankfully it's coming back again. That's brilliant, it's nice to see isn't it? Yeah. With the hard work finally finished, Karl decided to say a few words. Okay folks, this is it for one second.

First of all, thank you very much for coming out tonight. Second of all, that was an amazing outbreak challenge, well done. We really hope that you enjoyed that. We are on RT1 next week at 9 .35. You've got two outbreaks, you're going to be on television twice with 300 ,000 people watching.

We also have a very special person here tonight who is, where is she hiding? Where's Katie Jones hiding? Katie put your hand up. Where is she? There she is, curious me. This is Katie Jones, an Operation Transformation Ambassador and she hosts our Operation Transformation Podcast and a very big cheer for her because she's absolutely amazing and we love her to bits.

Thank you. And for the people we couldn't do any of the work that we did without the support from the West Mead Council, the Gare D, everyone makes all this stuff happen. I have the easy job, I turn up and smile and it could be a bit hyper and kind of, but we couldn't make it happen without everyone behind the scenes.

So thank you to everyone in West Mead, we've had seven amazing outbreaks here and we've been delighted to be here. So next one is in the Phoenix Park. Watch out for yourselves on television next week.

We really hope you enjoy the show and thank you so much for coming. Well done everyone, well done. Woo! I love you baby. You won? That was amazing, incredible. Like, literally speak to us how good that was.

It was so nice, everyone was so positive, happy, friendly. That's what Oatie's about, isn't it? Like, making changes from here, it's brilliant. Like, you think exercise sometimes is like a dread, but all the exercise is so much fun to do and Karl made it great and he's great kind of get -go and in motivation, so it's brilliant.

It's got to look incredible on TV, but it's brilliant. You put the work in and you get the rewards out. What's going on with your head right now? I don't know, I just want to get on the Phoenix Park, I'm so excited for next week.

Everyone's kind of buzzing me up and can't wait to see it for next week as well. I had so much fun at the AdBrake Challenge. Remember to join in when you're watching the show. Now it's time to see how Noel got on and this week's Health Check -In.

Noel, we'll start with Oat. Okay, so last week Noel, you were 15 stone, eight pounds and this week, you are 15 stone, four and a half pounds, down 3 .5 pounds, Noel, really, really good. On assessment day, your total cholesterol level was 5 .17.

Okay, it is now 3 .51. Amazing. Absolutely fantastic. Your LDL cholesterol, it was 3 .7. Okay, and now it is two. Absolutely amazing. The LDL is considered the less healthy, so the bad cholesterol as they say.

These are all phenomenal numbers, really, really important. And you did that through, obviously, just to make everyone aware, you are on a statin. So that will be doing some work in the background, but it's important to note that those who are on statins should also be trying to optimize their diet as well.

Okay, and you've done that and you've shown with a statin. with a healthy diet that you can bring those levels down to within range. So potentially in line with your GP, we could look at taking you off those in the future.

It's just something to bear in mind, okay? Again, you're on medication for that, but your diet is helping with that. So it's just so important for a guy like yourself with all of those kind of health issues to maintain and to manage your diet to help your kind of longevity and to help reduce the risk of further issues down the line.

So that is, the diet has been annihilated. It's like a couple of little guidelines. That's all, yeah. No one's talking about snacks there. And again, Sue, you outlined how important it is for regular eating out today.

Regular snacks, because we spoke earlier, a few weeks ago, where you had episodes going back where you were shaking. And that's probably at the time, undiagnosed diabetes and you're getting a hypoglycemic type episodes where your blood sugar was dipping and we want that steady state.

And what's incredible with the bloods that we've got back, we're even more stringent with our diabetics around total cholesterol and LDL. So five is fantastic. 4.5 for your total cholesterol is what we want in someone with a background of diabetes.

You're coming from all the work that you've done. The LDL with someone with diabetes we want at 1.8. Okay, so you know two is great. 1.8 is optimal again. Work in progress. Nothing that's going to change overnight.

You know it's worth getting these bloods done in a three to six month period around that. Through the week there were a few things that we put you through I kept you busy. Yeah, how do we get on with cardiology?

Great. Yeah, brilliant. Okay, again, good. Good. Everything is good. Good. So in terms of they had a look at the structure of your heart. Yeah. And that looks fantastic. They had a look at the ECG. There was nothing we call abnormal with the rhythm or the pattern because you did have that fast heart rate which ups you know was upsetting a while back.

So now that's all settled with medication and looking forward both as I had said to you and also Andrea said to you for the heart health that medication is going to be ongoing. That's something that's not going to change.

We also sent you off to get your eyes looked at. Did you realise that needed to be done with diabetes? No, I didn't. Okay, all right. So that's so important that you are highlighting this for people.

The test you had is called a screen for diabetic retinopathy. It's part of the screening programs that we have here in Ireland of which there are four. There's cervical screening, breast screening, colon screening and diabetic.

retinopathy. Anyone over the age of 12 with type 1 diabetes or people with type 2 diabetes are eligible to have the back of their eyes looked at and you just register online through the HSC website. So it's just registering online with a PPS number and then you're called.

What they do, they look at the back of the eye because what we are aware of is if the blood sugar levels are high, that can affect the actual health at the back of the eye, the little blood vessels at the back of the eye and that in turn can lead to issues with eyesight down the future.

So we need to catch any changes, particularly in people with diabetes, as quickly as possible. The interesting thing is that you can have really good diabetes control and still have changes in your eye.

And I think that was exactly what they said to you that they've been some changes, but there's no treatment for diabetes. for the moment. So it's a watch and wait and you're in the system and you'll be called back in 12 months time.

So most people are called back either on a yearly basis or a two -yearly basis. But it's so important, cannot say it enough, that diabetic eye disease can be prevented if people are regularly engaging in screening programmes.

And what's the treatment then? The treatment then, if it's picked up, the treatment goes through specialist eye care, quite often it's laser therapy to repair some of the damage at the back of the retina.

But the whole point is to preserve sight. So if people with diabetes are listening and watching today and they think they haven't had a screening or they've not been called, all they have to do is register on the HSE website.

And there's one more thing that I want to highlight with diabetes care is your feet. Did you realise that you need to mind your feet? No. Okay. Now, I have a clue. I think somebody told me last night.

And the reason you need to mind your feet, again, we talk about small vessels in the back of the eye. We're looking after that with good diabetes control. You've got nerve endings at your fingertips and in your feet.

And quite often, again, if blood sugar levels are high, that can cause what we call a peripheral neuropathy, so that the sensation can be diminished. Okay. And if that happens in the feet and you stub your toe or you inadvertently cut a toenail and it's not cut correctly, it can set up a mode of infection.

And with the background of diabetes, that's really not optimal at all. So we do recommend good foot care with registered chiropodists that are trained in looking after diabetic feet. So that's also really important.

Eyes and feet together with everything else, together with looking after the heart, the blood pressure, the cholesterol and the overall diabetes management. Next week is the big day and I'll be back in the Phoenix Park for this year's Operation Transformation 5K.

I'll be chatting to this year's leaders before their run plus I'll be catching up with them before the big reveal in RTE. It's going to be great! Be sure to send in your questions for R5 5. Don't forget to tune into Operation Transformation on Wednesday at 9 .35 on RTE 1 or catch up on the RTE player.

Thanks for listening!