

The Suffolk Show's Sports Plus area is again another popular destination for visitors of all ages each year. This year, the area is full of fun activities guaranteed to get you moving.

Who can you find in Sports Plus?

Sportsmed East

Sportsmed East provides a total sports health service, not just a service for sports injuries. The company aims to help each individual achieve their potential by offering a comprehensive health care service for people in sport. Stay fit, prevent injury and understand your performance. "Our services are available for professional and amateur sports people of all capabilities," says Sportsmed East. "At our core is an understanding and huge support for the role exercise has in promoting good health. We will do all we can to support and encourage exercise to all levels. "A core value of Sportsmed East is in the importance of a multidisciplinary approach to sports medicine. We can offer consultations with sports doctors, chartered physiotherapists, osteopaths and sports therapists. We also offer a combined consultation, with both sports physicians and physiotherapists, ensuring a truly team approach to sports injury management."

Stoke By Nayland Golf Club

Whether you're just starting out and looking to give golf a go or you've already 'got the bug' (or maybe you're even addicted!) Stoke By Nayland Golf Club has a fun range of activities for all to try with the help of its PGA professionals.

Woodbridge Wolves Athletic Club

Woodbridge Wolves AC is all about making athletics accessible to the community.



Get moving in Sports Plus.

Pictures: SAA

Sports for all!

The club will be offering opportunities to try different athletics events and training techniques throughout the day.

Julia Endacott Pilates

Try mindful movement and muscle release with a chartered physiotherapist! Julia's teaching has been influenced by movement practices including Pilates, Feldenkrais and Franklin and is ideal for

those curious to heighten their body's wisdom and wellbeing.

England Netball

Suffolk Netball Association, in association with England Netball, will be demonstrating netball on its portable 'Netball Anywhere' court.

Open to everyone, why not come and try it out? Programmes include High 5s for



Sports Plus



under 11s and 'Walking Netball' which is suitable for all! There'll also be friendly volunteers and lots of information on how to get involved in netball in Suffolk.

Suffolk Coastal and Waveney Council's Women's Cycling Tour

Come and visit Suffolk Coastal and Waveney District Councils to find out about the exciting leisure offer of cycling across east Suffolk.

There is information on the leisure redevelopment taking place in Suffolk Coastal, Places for People Leisure will be there with information on its leisure centres, and Great Places will be there promoting the events taking place in Waveney too.

Also look out for the incredible opportunity to find out about the Women's Tour that is coming to Suffolk on June 13!

Suffolk Coastal and Waveney Councils have interactive activities, from decorating bicycles to testing your reactions on its simulator, and you can even have a go on the Women's Tour bicycle course. Don't forget to enter the competition to win a signed Women's Tour cycling jersey either!

Elmy Cycles Ipswich and Frog Bikes

Elmy Cycles Ipswich and Frog Bikes are providing a fantastic off-road cycle circuit. Aged between three and 12? Put your skills to the test round the challenging mini Cyclo X course.

Also attending the show are:

- Ipswich Town Football Club



- Suffolk Cricket
- Suffolk New College
- ISC Crossfit
- The airbag – Jump off scaffolding onto giant airbags!
- Skip Beatz – World skipping champion and behaviour intervention therapy.
- RU Slack – Slack lines
- High Lodge – Football
- Premier – Archery

Seckford Foundation sponsor's statement

Suffolk Show's Sports Plus is sponsored by The Seckford Foundation, which says:

"Sports Plus is not just about being physically fit, but being fit and ready to embrace the exciting challenges waiting beyond education. The Seckford Foundation has packed its interactive space full of teenager friendly stuff – video, music, silent disco tech, high-energy and games – and together with calm space, activities and people to talk with, will reveal how each young person is more future fit and skilled than they realised.

"Come to the Sports Village and get fired-up, get full of ideas and get fit for your own unique future. There's loads of free fun stuff to enjoy including a competition to man the DJ decks every two hours, HIIT sessions with TrainBodyBrain (the first session of the day is at 9am) and demonstrations and have-a-go sessions with world speed skipping record holder PT Denis (first demo is at 9.30am). Also look out for the ultimate 'Strike a Light game' Chaos, which is offering free games all day and free workshops on 3D computer modelling and gaming design."

- www.seckford-foundation.org.uk