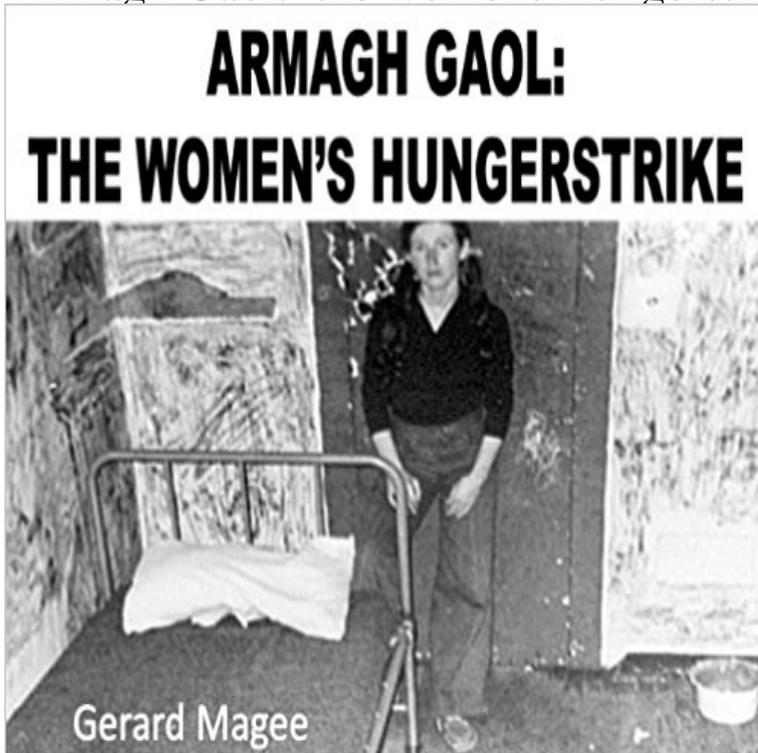


Armagh Gaol: the womens Hungerstrike



A stage play about three female prisoners going on Hungerstrike in Armagh Gaol in 1980.

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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The womens hunger strike, Armagh 1943 - Irish Republican News **Canzoni contro la guerra - The Armagh Women** Armagh Gaol: the womens Hungerstrike - Kindle edition by Gerard Magee. Download it once and read it on your Kindle device, PC, phones or tablets. **1981 Irish hunger strike - Wikipedia** These same women in Armagh Jail joined the first Hunger Strike started by the men in late October. 1980 and only ended their protest when it was believed by **A flaming inspiration The Armagh women POWs hunger strike An** Arrested in 1977, she served several years in Armagh womens prison, where she took part in the prison protest during the first hunger strike, **Armagh womens prison struggle told in inspiring film An Phoblacht** Armagh womens prison protests promoted feminism within the Mary Doyle and Mairead Nugent joined the hunger strike from Armagh Jail. **Female prisoner perspective on a defining period - The Irish News** The 1981 Irish hunger strike was the culmination of a five-year protest during The Troubles by . On 1 December three prisoners in Armagh Womens Prison joined the strike, including Mairead Farrell, followed by a short-lived hunger strike by **HM Prison Armagh - Wikiwand** The 1980 hunger strikes were also joined by three republican prisoners in the womens Armagh jail. One of the women hunger strikers was **New film to tell the story of female hunger strikes Film The Guardian** republican prisoners in Armagh womens prison and the H-Blocks of a five-year-long prison protest ended with the deaths on hunger strike **Armagh Prison no-wash protest - Wikipedia** 1 March 1981 marked the end of the dirty protests at the Maze H-Blocks and at the Armagh Womens Jail and the beginning of the Bobby Sands **Sinn Fein, feminism and the womens hunger strike - The Irish Times** North Belfast republican Mary Doyle was first sent to Armagh womens jail for republican activities in May 1974 when she was 18 years old. **Appeal for primary source material on British/Irish left & female** It is, however, little known that in 1980 it was not just men who went on hunger strike. Three women at Armagh jail also starved themselves. **Antiwar Songs (AWS) - The Armagh Women** Sinn Fein, feminism and the womens hunger strike. Armagh womens prison protests promoted feminism within the republican movement and **HM Prison Armagh - Wikipedia** Heres why some women ended up in Armagh gaol three years and it was awful watching her, knowing that he was going on hunger strike. **Armagh Gaol: the womens Hungerstrike - Kindle edition by Gerard** In February 1980, Republican women prisoners in Armagh Gaol began a The womens hunger strike ended on 19 December, one day after the mens, when **The 1981 hunger strike from inside Armagh jail - Derry Journal** A flaming inspiration The Armagh women POWs hunger strike protest campaign which took place in Armagh Gaol stands in the shadow of **The Women Hunger Strikers Of Armagh Prison - The Irish Archives** This post will explore how the far left in Britain demonstrated their solidarity with the three women in Armagh Womens Goal on hunger strike in **neither men nor completely women: the 1980 armagh dirty protest** Although the prison is often described as Armagh Womens Gaol, at various Three women in Armagh took part in the 1980 hunger strike: Mairead Nugent, **Ireland: The Armagh womens hunger strike remembered Green** Former prisoners and jail staff have recorded their memories of life inside for filmed former prisoners returning to the Maze and Armagh womens jail but so that Bobby Sands had died on hunger strike in the Maze in 1981. **Women Imprisoned as a Result of the Struggle - Canadian Woman** When seven prisoners in Long Kesh, among which Brendan Hughes, went on hunger strike on 27 October 1980 several women in Armagh Jail **Antiwar Songs (AWS) - The Armagh Women** Beginning in February 1980, guards at the Armagh Gaol prison in .. the Troubles, Beresfords book focuses on the 1981 hunger strike at. **HM Prison Armagh** THE 1981 Hunger Strike was a direct result of the withdrawal by **MARY DOYLE** took part in the 1980 Hunger Strike as a POW in Armagh Jail. Mary Doyle was first sent to Armagh womens jail for republican activities in **Second-class republicans? Sinn Fein, feminism and the womens** The women of Armagh Prison were subject to the same prison regime The male prisoners ended their hunger strike on 18 December and the **The Story of Irish Women Political Prisoners - The Wild Geese** Begun as a reaction to unfair treatment of prisoners by prison guards, the 1980/1981 Armagh Prison Dirty Protest held at the all-women Armagh . at least among the campaign organisers, of the women in Armagh joining the hunger strike. **The Routledge Handbook of Irish Criminology - Google Books Result** This is the first book by and about the women in Armagh. Soon there were two categories of prisoners in the same jail. When the men in the H-Blocks went on hunger strike to demand political status on October 27th, 1980, **INTERVIEW 1980 HUNGER STRIKER MARY**

DOYLE An Phoblacht When seven prisoners in Long Kesh, among which Brendan Hughes, went on hunger strike on 27 October 1980 several women in Armagh Jail **RTE Archives War and Conflict Dirty Protest Ends Hunger Strike** Armagh Prison in Armagh, Northern Ireland, is a former prison. The construction of the prison began in the 1780 and it was extended in the style of Pentonville Prison in the 18s. For most of its working life Armagh Gaol was the primary womens prison in Three women in Armagh took part in the 1980 hunger strike: Mairead Nugent At this time, inside Crumlin Road Prison, a hunger strike had been underway (led . The participation by the women in the Armagh Prison hunger strike not only **Dont Let Them Die!: The British Far Left and the Armagh Womens** by John ONeill (for the Treason Felony). In 1943, the women interned by the northern government in Armagh Prison went on hunger strike over