

**PRESS RELEASE****15.04.2015****LOCAL LEISURE CENTRES TO OFFER PREMIUM WELLBEING TECHNOLOGY**

Circadian Trust, the not-for profit organisation based in Bradley Stoke that operates eight leisure centres, has introduced state-of-the-art 'wellness' technology to all of its sites, the first Trust in Bristol and the surrounding area to offer this.

The new technology will allow all members and visitors at the Trust's Active Centres to track their activity using their existing fitness key whether it's in the gym, swimming or taking a group class, before uploading the information to the Technogym MyWellness cloud. Not only can members record activity completed within the centre walls, the free MyWellness app can also collate activity undertaken outside the centres for example walking, running or playing team sports, as well as diet and nutritional data.

Dave Smele, Circadian Trust's Head of Health & Fitness, explains: "There are loads of apps out there that people are using to keep track of their healthy lifestyles, but they are having to check numerous platforms to keep track of what they are doing. The MyWellness app that we have introduced allows people to store all this information in one place, making it even easier to record progress and achievements.

"The MyWellness app integrates with other fitness, diet and nutrition apps, meaning the MyWellness cloud can be the home for all the personal data one person might need. Although the technology is state of the art, it's also really easy to use – in fact, when people use the gym equipment at any of our Active Centres, their activity information, including distances covered, weights lifted and calories burned, will automatically be uploaded to the cloud ready for them to access."

Dave concludes: "It's the sort of technology that people might expect to see at high end private health clubs, but we believe that making fitness easy and part of everyday life is a priority, and shouldn't be exclusive to those people that can afford pricey gym memberships. Anyone using our Active Centres, whether members or not, will be able to benefit from the new technology."

The MyWellness app can be downloaded for free from mobile app stores, or you can find out more information at any of the Active Centres run by Circadian Trust. To find your nearest location please visit <http://www.activecentres.org>

**Ends**

**Notes to editors**

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### **About Circadian Trust**

- The Circadian Trust operates eight leisure centre sites across South Gloucestershire and is a company and charity. Working in partnership with South Gloucestershire Council, the community strategy and overall shared philosophy is to contribute to the improved health, cultural and social wellbeing of the local community improving quality of life.
- Circadian Trust are an award winning Trust with IIP Silver status, ISO 14001, ISO 9001 and ISP18001 accreditations. For more info please contact Ben Beasley ([ben.beasley@circadiantrust.org](mailto:ben.beasley@circadiantrust.org))
- For more information, visit: [www.circadiantrust.org](http://www.circadiantrust.org)