



HFE and Circadian Trust create partnership to increase inclusivity in exercise opportunities

HFE are the UK's leading provider of [personal training courses](#) and a wide range of vocational fitness qualifications. After an extensive period of development and consultation they have launched their Level 3 Award in Programming and Supervising Exercise with Disabled Clients, or simply [Level 3 Exercise for Disabled Clients](#).

Their new qualification is nationally-accredited by YMCA Awards, the industry's oldest awarding body. It's also endorsed by leading organisations REPs, CIMSPA and the IFI (Inclusive Fitness Initiative).

HFE are proud to be one of the very few providers in the country who deliver this and as a result, they've turned their attention to helping health and fitness organisations in the UK upskill staff and serve a demographic that is currently under represented.

Recent reports suggest that in 1 in 5 people in the UK has a disability and this equates to nearly 11 million people. In terms of physical activity levels, only 18% of disabled adults undertake physical activity lasting longer than 30 minutes a week, this is compared to 38% of non-disabled adults.

Clearly, more can and should be done to encourage disabled people to exercise and that's why HFE have handpicked Circadian Trust to drive this initiative forward. Their customer obsession, expertise and passion for service perfectly aligns with HFE's values. It can only be viewed as a partnership that is destined for success.

Across their facilities Circadian Trust have identified members in their 100s who have stated they have a disability. The conclusion that can be drawn from this is that upskilling staff with this qualification has the potential to make a difference with a great number of people.

This sentiment was echoed by Vicky Clarke, Circadian Trust's Training Administrator:

We are delighted to be offered the opportunity to undertake the Level 3 Exercise for Disabled Clients through HFE. As a Charity, we pride ourselves on putting the customer first and being the heart of the local community. We are always looking for new ways to inspire active lifestyles, and this is a fantastic way our staff can get involved. This programme will upskill our staff, enabling them to provide the right support, and to help and encourage our customers to adopt and maintain a physically active lifestyle.

The first Circadian Trust member of staff to take part in the new initiative is Patsy Stocker. Already holding several fitness qualifications, she spoke about how excited she is to add another string to her bow and what difference it will make:

I am really enjoying the course I'm finding it very interesting and I know it will be very useful to me in my future career.

ENDS

About Circadian Trust

- Circadian Trust operates five leisure centre sites and a dual-use sports centre across South Gloucestershire in Bradley Stoke, Downend, Kingswood, Longwell Green, Thornbury and Yate 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.
- Any profit made by the Trust is reinvested to improve facilities, equipment and services for its customers.
- For more information, visit: www.activecentres.org/about-us/