

PRESS RELEASE
September 2018

South Gloucestershire makes strides for charity on National Fitness Day

To celebrate this year's National Fitness Day, people across South Gloucestershire have taken part in a BIG Active Walk, to promote healthy lifestyles and raise money for charity.

The event, which was hosted by the region's Active Lifestyle Centres on September 26, saw staff members Dave Smele and Jim Rollo lead participants on a route between each of the region's five Centres – which are located in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate.

Funds raised by the 22-mile charity walk are to be donated to Macmillan Cancer Support, which supported over 1.6m people living with cancer in 2017.

Jim, Healthy Lifestyle Manager at the Active Centres and Assistant Manager at Bath City Football Club, said: "We're always looking for ways to inspire healthy lifestyles and encourage members of the public to become more active, so it made sense for us to get the community together, promote activity and also raise money for a good cause on National Fitness Day.

"I'd like to thank everyone that took part in the BIG Active Walk or has donated towards our fundraiser, it was great to see people taking to the challenge and joining us along the way – we're looking forward to organising something for next year!"

In addition to the BIG Active Walk, a range of activities took place across the five Centres for National Fitness Day, including free MOT health checks, fitness testing and a selection of classes.

Mark Crutchley, Chief Executive of Circadian Trust, which manages and operates the Active Lifestyle Centre sites in partnership with South Gloucestershire Council said: "Launching the BIG Active Walk on National Fitness Day provided us with a great opportunity to promote health and wellbeing - for both members and non-members.

"There were a number of free activities taking place across the Centres this year, with many people embracing new activities and getting stuck into something they really enjoyed. I was delighted to walk alongside Dave, Jim and the rest of our BIG Active Walk participants as they raised money and made strides for charity and I'd like to thank them for making this year's National Fitness Day a resounding success across the region."

For more information about National Fitness Day and the Active Lifestyle Centres, please visit: activecentres.org or alternatively call 0300 333 0300.

The Active Lifestyle Centres are still collecting money for Macmillan Cancer Support, to donate towards the fundraiser, please visit: https://www.justgiving.com/fundraising/Jim-Rollo1?utm_medium=email&utm_source=ExactTarget&utm_campaign=20180904_114292

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Photo caption: People across South Gloucestershire have taken part in a BIG Active Walk to raise money for Macmillan Cancer Support with the region's Active Lifestyle Centres.

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About Circadian Trust

- Circadian Trust operates five lifestyle centres 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.circadiantrust.org