



3 February 2010

Media Release

Get fit and support the NSPCC's Child's Voice Appeal

If you want to support a good cause while giving your fitness regime a kick start, you may be interested to learn that Werrington and Bushfield Sports Centres are hosting 'aerobathon' events on Monday 8th February from 6pm until 8pm as part of a national sponsored workout co-ordinated by the NSPCC.

This fun-filled national event has the support of Zoe Lucker, the actress and Strictly Come Dancing star, who is calling on people to take part in the aerobathon, "I fully support the NSPCC's Child's Voice Appeal and urge people to take part in the NSPCC's aerobathon. Money raised will help the NSPCC to grow its Helpline for adults concerned about a child, and its ChildLine service. This will help protect more children around the UK. It will be a great event and fantastic fun with over 150 events across the UK taking place at the same time. As a mum myself I understand how precious children are, so please sign up now."

Jamie Fenton, centre manager at Bushfield and Werrington's Planet Pulse gyms said, "We're really proud to be involved in such a worthwhile cause – and it is an added bonus that it encourages people to keep fit too! All the funds which are raised through the £5 entry fee and participants' sponsorship will go towards the NSPCC's 'Child's Voice Appeal'. It promises to be a really fun event for people of all ages and abilities and all participants will receive a limited edition T-shirt."

Jamie continued, "If you can't take part in the aerobathon, but you would like to find out more about the city's sports facilities, there is an open day at Bushfield Sports Centre on Saturday 6th February. On the day, there will be free use of the facilities from 10am – 4pm, including the gym, badminton, squash, table tennis and selected fitness classes. Our instructors will be on site at all times alongside the sports development team, who will show the public what services they offer for children and also for disabled users young and old. This is a great chance for people to see the wide range of services offered across the city."

To find out more about the open day, call Bushfields Sport Centre on 01733 234018. To find out more about the NSPCC aerobathon visit www.nspcc.org.uk/aerobathon

- Ends -

Notes to editors

More information about the NSPCC aerobathon can be found on the NSPCC website at www.nspcc.org.uk/aerobathon or by calling Jamie Fenton on 01733 234018 / 01733 576606 or email Jamie.fenton@peterborough.gov.uk

More information about the city's sports facilities can be found on the Peterborough City Council website or by calling one of the three sports centres. Peterborough Sports Centres also offer a wide range of sports facilities including swimming pools, football pitches; floodlit artificial playing surfaces, sports halls and much more.

Photography

Please contact Jamie Fenton, sports centre manager, to arrange photography of Planet Pulse gyms and Planet Pulse personal trainers by telephone: 01733 234018 / 01733 576606 or email Jamie.fenton@peterborough.gov.uk.

Media Requests

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