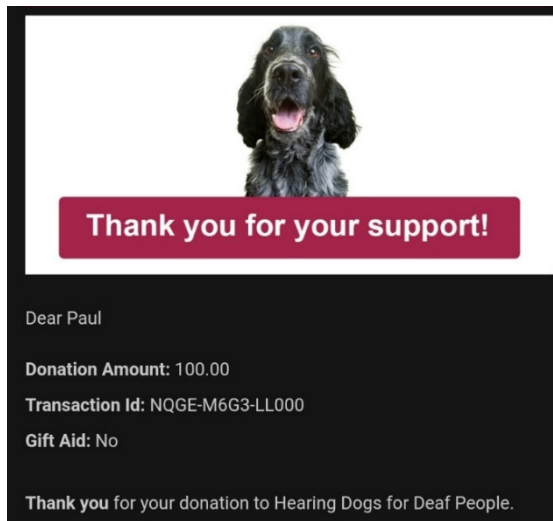




During October to November this year a group of Fit4Life clients set out personal fitness challenges to x3 key physical areas. Everybody was given

1. A Bench mark
2. To set a target
3. A weekly training plan
4. A review to hit their target by week 8

Those who managed to hit their target had a chance to have their chosen charity receive the kindly donated money which was given at the beginning of the challenge



A special thank you from Macmillan Cancer Support

JustGiving



Thank you, Paul for your generous donation to Mitzi Obolensky-pouncy's JustGiving page

Ménière's Society



Many Thanks for your £100 donation. All contributions we receive will help support our vital work; thank you

Many Thanks for your £100 donation.

A massive thank you to everyone who donated