

Nominee's Name:

Andy Bowes

Organisation Name:

Vivacity

Your Nominee's place of work:

Vivacity Premier Fitness Gym Member

Please provide a narrative (600 words max) about your nominee in the space below:

Andy Bowes, who is a Vivacity Premier Fitness gym member, have helped him to shed the pounds, get fit and feel great.

- 2016 weighed over 22 stone with a hypertension of two in blood pressure
- Started with just a ten minute walk on the treadmill and wight resistant training before a gentle cool down on the bike. The first time he ran he could only manage 1 minute and now hes training for long distance and obstacle course races
- Started to lose on average 2.5kg – 3kg a month
- Utilised his personalised fitness plan and reviewed his plan every 6 weeks and the regime was changed and new exercises were added
- Andy has truly utilised the Vivacity programme to the full, with our 6 week reviews, changing his personal fitness plan, building rapport's with our instructors and getting as much as possible out of having a gym membership
- Andy is now down the gym 5-6 times a week, blood pressure has dropped and constantly stetting new goals
- Next steps and aspirations are to run half marathon, obstacle course run in July
- Was Inspired to be a Les Mills Instructor one day and is now booked on to the Les Mill Body Pump™ course this year
- “Having gone on the journey myself, I’d love to help others lose weight and get fit too” Andy Bowes - This sums up why I believe Andy is truly special as not only has he found physical activity to change his life and as a result improving his health, but pushing himself further by going the extra mile to inspire and teach others too.

