

Ben Wimbush:

My main aim in life is to inspire people by talking to them about the importance of maintaining physical & mental health by taking part in physical activity and engaging with food (and friends) in the right way.

Five years ago I broke my neck, severely damaging my Spinal Cord, I'm now a Tetraplegic meaning I'm paralysed from my chest down requiring 24/7 care for life.

I could easily have lay down & given up (and don't get me wrong it's certainly made me lay down more) but give up simply hasn't been an option I've considered at any stage of my SCI journey.

I'm incredibly lucky to be alive and as always in life there is always someone worse off, eight months on a residential Spinal Cord Injury rehab unit taught me that!

I'm eager to tell my story and to motivate people into realising that maintaining our physical & mental health is vital to ensure a happy life.

Ben Wimbush is the brains behind the [#20isplenty campaign](#) now trending on social media – nothing will stop him from a daily work out. Not even a spinal cord injury that has left him paralysed from the chest down.

#20isplenty is a recipe for a more healthy and happy life and incorporates the following ingredients.....

Twenty minutes of exercise, twenty minutes of sensible eating and twenty minutes of meaningful, social engagement with friends and colleagues every day. If you can add in twenty minutes of relaxation and mindfulness then you're on to a winner.

You may think this is a tall order, but I bet if you looked at your day and how you spend your time, you're probably already doing a lot of these things. You just need to make them more structured and purposeful in order to ensure that you feel more fulfilled.

#20isplenty

<http://www.mancunianmatters.co.uk/content/160177191-being-paralysed-no-excuse-meet-mancunian-inspiring-people-exercise-all-over-world>

<https://www.manchestereveningnews.co.uk/news/greater-manchester-news/i-left-paralysed-after-somersault-14270391>