

Nominee's Name:

Brett Jenkins

Organisation Name:

Senses Wellness Centre & Spa, Hampshire Lakes Retirement Village, Anchor Trust

Your Nominee's place of work/volunteering:

Senses Wellness Centre & Spa, Hampshire Lakes Retirement Village, Anchor Trust

Please provide a narrative (500 words max) about your nominee:

Brett has worked in the health and fitness industry for over 25 years. Starting off his career as a fitness instructor in South Africa working his way up to a Senior General Manager in the private and public sectors. In 2016 his fitness passion took a turn into influencing and training older adults and transforming them into Active Aging adults. He has built up the Wellness Centre within Anchor Trust's Hampshire Lakes Retirement Village in Yateley and has made a key connection between the inner village and outside communities. He has done this all for his passion and belief of Active Aging. He believes in Everyone, irrespective of age, gender or mobility needs can participate in exercise. In this time he instilled that belief in over 300 people.

Brett has an extraordinary way of understanding different clientele to bring out their best achievements. He challenges both their minds and bodies so they believe in themselves with outstanding results. Together with face to face, Brett has embraced the power of social media delivering powerful messages of the benefits of exercise and wellbeing. Based on all this I believe Brett is best to win this award.