

Nominee's Name:

**Dorothy Markham**

Organisation Name:

**Active Nation**

Your Nominee's place of work:

**Active Nation Birchwood (Supporter)**

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

Dorothy Markham is a supporter at Active Nation Birchwood. Four years ago Dorothy, at the age of 74, found herself struggling to get about, short on breath when walking and unable to walk up and down stairs without a great deal of effort. Things were becoming so bad that Dorothy even considered moving out of her house and into a bungalow. She believed that her body was stopping working and that it was all down to old age.

Dorothy decided to take matters into her own hands and came down to her local leisure centre, Birchwood, to see what was on offer and if there were any activities that she could get involved in. Having been a teacher and always interested in dancing she decided to give Zumba a go. Dorothy not only realised that she was able to take part in the classes but that she also really enjoyed them. She was also able to make friends and enjoy the social side of exercise. Dorothy soon became a regular and was often seen encouraging others to take part and explaining her story about how she became involved.

Dorothy soon realised that through taking part in the Zumba class that she had not only remembered how to jump and skip but was able to do a lot more than she had been. After a few weeks Dorothy then joined the Bollywood class and started to attend twice a week.

Four years later and Dorothy attends a class most days, whether it be Zumba, Pilates, CX works, Bollywood or Yoga. In Dorothy's own words "Now, at 78, my body is working well. I am able to run up and down stairs easily and also managed a trip to China. Yes...I walked up the great wall and have got the T shirt!"

In 2017, Dorothy participated in over 150 group exercise classes and has started 2018 with a new programme of activities in the recently developed Active Nation Birchwood venue. Dorothy even took the role of chairperson for all of the supporters at Birchwood when the new group exercise programme was being put together and ensured that the voices of the supporters were heard. Being a popular individual, other supporters often ask Dorothy about her own experiences and for advice if something is not right. In true fashion, Dorothy does not hold back and ensures that the venue management know what needs changing to suit the supporters.

Dorothy is now an advocate of physical activity and exercise, Dorothy encourages everyone she knows to exercise, as well as attending herself. With her enthusiasm, she really is an inspiration to others and she makes it her goal to get everyone involved.

