

Name: Debbie  
Ginsters

### **Dropping pounds, building confidence....**

Everyone can be a bit lazy when it comes to exercise, always meaning to start that regime and never quite getting around to it, but making it a natural part of your working day can make all the difference between success and failure.

Busy mum Debbie Moore found when her employers Ginsters opened a gym on-site she no longer had any excuses, especially when they also employed a fitness instructor to give advice and motivation.

*'I'd never quite managed to shift the weight I'd put on when I had my children, but with work and the family to look after there never seemed to be enough hours in the day for exercise,' said Debbie.*

*'But when the gym opened at work and we were actively encouraged to use it I didn't have any excuses anymore. And it wasn't just the gym, Steve the instructor arranged a number of other activities from surfing lessons to archery and deep-sea fishing.*

*'I'd always fancied tennis, so signed up straight away and roped my family into going for surfing lessons.'*

*Just 18 months on Debbie, 45, is a real inspiration to get off the sofa and get active. Not only has her confidence grown enabling her to do things she would never have dreamt of before, but she's also lost three stone.*

*'I'm now the same weight as I was 20 years ago before I got pregnant with my first child. If I can get into exercising and really enjoy it, then anyone can.*

*'It's all about finding something you really enjoy and that becomes part of your lifestyle, you have to love it if you're going to keep it up.*

*'I now play tennis regularly, do spinning classes in the gym at work and body boarding in Polzeath at the weekends with my daughter.*

*'It's given me more energy and helped me really live life to the full. Instead of not having time to do things because of the family, we do things as a family.'*

*'But getting fit and losing weight has also made me more confident in every aspect of my life. I'm more confident at work and in my personal life - I've even driven long distances on my own, which I would never have done before,'* said Debbie.

The company began its active workplace programme with help from Caradon District Council and Sport England. The three year scheme is a national pilot and the University of the West of England will assess the long-term impact on employees over five years.

Mark Duddridge, Ginsters' Managing Director, said:

*'We firmly believe employers should play a positive role in the health of their workforce, and we hope that other businesses will be encouraged to adopt some of the measures that have proved so successful for us.'*

Staff at the Callington based food manufacturer have also benefited from advice on giving up smoking, slimming, cholesterol testing and how to spot the warning signs of heart disease and cancer. Healthy options have been added to the menu in the staff canteen, and free fruit is available for all employees.

The programme is already proving such a success that Ginsters has a waiting list for people who want to work for them and enjoy the healthy fringe benefits.