Why did you come to the gym today?
Would you be willing to share that?

There are hundreds of reasons for coming to the gym and we think you have one of them.

Britannia wants to reach out to seniors in the community and encourage coming to the gym as part of a meaningful and healthy life style. To do this we’re creating a 2020 Calendar to promote the Britannia gym and we think the best way to reach other adults over 55 in the community is for them to see you and hear your story.

Each month the calendar will highlight you or a small group of gym friends. We would like you to tell us why you are active in the fitness centre, why you started to come, what keeps you involved, your favourite workout equipment, progress you’ve made, health issues your working on, how long you’ve been coming, what Olympic event you're practicing for - anything, any advice, any tips to help get people involved and to stay involved.

And our community is mixed so we need gym regulars like you - large, small, all genders, all colours and all sizes, hard core, timid, tough, tender, tattooed or tame – to lend your voice.

You or a small group of your fitness friends may be interviewed and could be profiled on a calendar page along with your photo – flattering or funny. You decide on what makes you look good. Just as long as we can show who you are and why you’re here.

If you were born before 1965 you’d be perfect. Take this “I’m Interested” form; give us your name and contact information and return to the Britannia staff on duty at the Pool Desk or Information Centre.

**We think you can change the lives of others.**

I’m Interested!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name |  | Phone Number |  | Email |
|  |  |  |  |  |



**DROP OFF COMPLETED FORM TO THE POOL OR THE INFORMATION CENTRE**