

## **Life Unlimited's Life Fit Programme – PROFILE – Community Waikato**

Making exercise and training fun, safe and easy to achieve is the aim of Life Unlimited's Life Fit programme.

This twice-a-week exercise and circuit training class caters for different abilities and provides a safe environment for people wanting to train with a group and improve their health and fitness. The programme was initially designed for people with an intellectual disability or mental health illness but it is now open to anyone in the local community who is keen for a fun workout.

Life Unlimited Charitable Trust's Betty Smith is the coordinator and she works with a qualified personal trainer and volunteers to make the sessions exciting and enjoyable for the 40-plus participants.

"Going along to a regular gym can be quite overwhelming and expensive for some. We could see there was a real need within our community for a fun and accessible group fitness programme that really boosts people's confidence and helps them achieve their own goals. This was the main focus that drove Life Unlimited to establish and fund Life Fit in 2013," says Betty.

"Circuit training fitness activities, like Cross-Fit, are really popular at the moment and it's great that we can give our team access to all the up-to-date facilities, training and support."

The participants train at the Hamilton Old Boys' Rugby Club's indoor field during the day on Mondays and Thursdays. Participants pay a one-off registration fee of \$5 per year and the programme is open to anyone over the age of 15.

One of the first people to sign up for Life Fit was Janet Curtis, who has now progressed to be a training assistant volunteer.

Janet, who didn't exercise regularly before joining Life Fit, now loves learning different drills and moves and then teaching them to others.

"It's really fun and it's always a bit different each time. I like encouraging people to work hard and meet their goals."

Janet, who is also completing work experience at the Hamilton Flower Market, says she's had great support from Betty in her development.

"I'm much more confident now," she says.

To find out more about Life Fit you can contact Betty at [bettys@lifeunlimited.net.nz](mailto:bettys@lifeunlimited.net.nz) or 07 856 1639.

Life Unlimited is a charitable trust that delivers health and disability services and programmes in the Waikato and around New Zealand that enable people to live the life they choose. [www.lifeunlimited.net.nz](http://www.lifeunlimited.net.nz)

ENDS