

Press Release

For immediate release

100 Days to a Healthier Wokingham

With fewer than 100 days to the end of the year Wokingham based health and fitness business owner Heidi Strickland-Clark is gearing up to get Wokingham healthy up to Christmas.

From Tuesday 16 September until Christmas Eve Mrs Strickland-Clark (44) is encouraging local residents to get active every day for 100 days. "The event is being run through a Facebook page, but anyone can get involved" Mrs Strickland-Clark said, "each year for the past 2 years we've helped get people moving and feeling better as they approach the end of the year".

In addition to daily on-line support in the facebook group Mrs Strickland-Clark is running charity bootcamp sessions each Sunday during the 100 days to raise money and heart rates. These sessions will run at Bearwood Recreation Ground, Winnersh at 9am.

Since 2012 the 100 Day Fitness Challenge campaigns have raised over £4000 for the Wokingham based charity 'Pass it On' run by Jane Ainslie. 'Pass it On' is a charity working to help children's homes and schools in Kenya with food programmes, education and sport.

To get involved you can go to Facebook and search for 100 Day Fitness Challenge 2014 or you can contact Heidi Strickland-Clark at FastTrack Fit Camp on 07968 774804.

Editor's Notes:

Website: www.fasttrack-fitcamp.co.uk

Heidi Strickland-Clark is available for further interview.

Photos are available.

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The 100 Day Fitness Challenge was first started in 2012 and has run annually since. Raising over £4000 for charity during that time.