

Press Release

For immediate release

Healthy Local Business 5 Years Old

It's a good news story for local health and fitness business FastTrack Fit Camp who mark their 5th year in business this November.

Since the first damp and dark nights of November 2009 with 5 customers, FastTrack Fit Camp have grown over the past 5 years to have helped over 1000 local residents in Wokingham improve their health, nutrition and fitness.

Owner, Heidi Strickland-Clark (44), is delighted that despite many companies failing within the first 3 years of business, FastTrack Fit Camp are still growing and improving the lives of so many people within Wokingham and the surrounding areas with outdoor exercise and nutrition advice.

FastTrack Fit Camp has had exceptional results not only with clients wishing to improve their fitness and lose a little weight, but also with people suffering with anxiety and depression, low energy and self-esteem.

As a thank you to the community who have supported FastTrack Fit Camp over the last 5 years, Mrs Strickland-Clark is running a fantastic competition for one lucky person to win a whole year's membership of Fit Camp sessions to improve their health and well-being for 2015.

"We'd like to say thank you to all who have supported us and also to give someone the chance to transform their health and fitness over the next year. All people need to do it is visit <http://fasttrack-fitcamp.co.uk/5-years/> and enter the competition. The winner will be drawn on Friday 14 November".

Success stories over the past 5 years include Helen (47) from Wokingham who has lost over 3 stone in weight, rid herself of permanent back pain and gained boundless energy all through regular exercise and diet change since she started in 2012.

And Laura (21) from Twyford who has lost 5 stone since April 2014, improved her mood and self esteem and gained new confidence in both her work and fitness challenges.

Finally, Heidi (41) (another one!) from Lower Early who after 6 years of stress and depression has gone from lacking in self esteem to building enough confidence to start her own business all through exercising regularly three times a week since April 2014.

FastTrack Fit Camp have venues in Wokingham, Winnersh, Finchampstead, Mortimer, Swallowfield, Yateley, Twyford, Warfield and Henley-on-Thames. Offering both health and fitness solutions to adults and companies who want to improve their health and lifestyle quickly and successfully.

To find out more you can go to <http://fasttrack-fitcamp.co.uk/5-years/> 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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