

## Press Release

For immediate release

### Raising Heart Rates and Money

How better to celebrate National Heart Month than with a heart lifting charity boot camp to raise funds for a local charity?

FastTrack Fit Camp are hosting this special event on Sunday 8 February to raise funds for the Yateley based charity Yateley Industries for the Disabled. FastTrack Fit Camp have been helping adults to improve their health, fitness and weight management for 5 years.

The event on Sunday 8 February will run from 10am to 10.45am at Yateley Manor School, Reading Road. All monies raised on the day will go to support the local charity. FastTrack Fit Camp owner, Heidi Strickland-Clark (44), said that charity boot camps are a great way to help both the participants and the beneficiaries. "We can raise both heart rates and well needed funds by running healthy, effective charity workouts. February is National Heart Month and it seemed a great way to bring attention to both a national event and a local community charity. There are about 2.6 million people in the United Kingdom living with coronary heart disease. Adding exercise to your lifestyle in addition to making a few dietary changes is good prevention against this disease."

"Every participant will receive a goody bag, free entry to our raffle and refreshments in addition to their fat busting workout on this morning. We're giving away 6 months of Fit Camp membership to one lucky charity camper" said Mrs Strickland-Clark.

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/yateley-charity-camp/> or you can contact Heidi Strickland-Clark at FastTrack Fit Camp on 07968 774804.

**Editor's Notes:**

Website: <http://fasttrack-fitcamp.co.uk/yateley-charity-camp/>

British Heart Foundation: National Heart Month <https://www.bhf.org.uk/>

Yateley Industries for the Disabled: <http://www.yateleyindustries.co.uk/>

Heidi Strickland-Clark is available for further interview.

Photos are available.

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