



The Reps' Presentation



Ian



- I made a pledge as part of the #onething campaign to join the Riversley Park walking group.
- I have been eating healthy foods and helping with the food shopping.
- I have lost some weight!!!



Louise

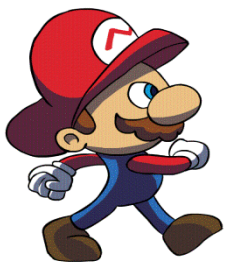
- I go to the gym and the pool
- I've been power walking
- I'm a member of Slimming World
- It would be better if there was a gym in Polesworth!



Jonathan



- I like going to the Gym to lose some weight. I go every other week and I am going to try to lift weights. I am going to do it in my own flat
- I go Swimming every Sunday
- I do lots of walking
- I try to eat more healthy and try not to drink Coffee but going to try drinking more water



Sammy

- Monday and Wednesday exercise on mats
- Massages and aromatherapy
- Swimming in the summer
- The hoisting equipment at the pool does not always work. I can't get in the pool without it
- The other pool is too far away.

Bob

- I go to the gym in Stratford and Rugby
- I swim
- I like Tiger Feet dance sessions
- Here are some pictures of people in my Speaking Up group. Can you guess what they do to keep healthy?

