

For local media

PRESS RELEASE

Trust and Triathlon England hook up to get staff fit and raise money for hospital charity

The Dudley Trust is teaming up with Triathlon England to deliver expert Triathlon fitness coaching to hospital staff and their friends and families.

The training days, headed by professional Triathlon coaches, will instruct and support staff in all three Triathlon disciplines – cycling, swimming and running.

“This is an excellent project and the first time a hospital has joined forces with Triathlon England to offer professional fitness training to staff,” said Stefan Pearce, Regional Programme Manager for Triathlon England.

“The training has been designed specifically for the hospital staff and the goal is for them to be fitter and happier at work.”

All Trust staff will be encouraged to take part as the sessions will be suitable for every fitness level, including novice training for those who may feel daunted.

“No matter where people are in their fitness cycle – they may be just starting out or want to expand into multi sport – this coaching is for everyone,” said Stefan.

“Triathlon training is cheaper than gym membership, it’s also a great outdoor exercise and hospital staff will be able to improve their health while enjoying regular fitness sessions with friends and family.”

Training sessions begin at the end of November leading to an Aquathlon to be held on 7th April 2013 at Haden Hill Leisure Centre.

In addition to improved levels of fitness for staff, proceeds from coaching will benefit charity too. The cost of each training session will be £2 for staff and £3 for family and friends (18 and over).

All money raised from the coaching days will go to The Trust Charity and contestants in The Aquathlon will be entered into a draw to win the money for their own department/ ward/charity fund.

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Approved by: Stefan Pearce (yes)

For more information, please call Jackie Dietrich, Communications Manager for The Dudley Group NHS Foundation Trust, on (01384) 456111 extension 1423.

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