

# Becky's Fitness

Becky's Fitness offers exercise and physical activity to those in the St Austell area. The business has been working with Active Cornwall to secure support from Sport England.

## How the support has helped

The support enabled Becky to continue with her business offering online workouts to those with Long Term Conditions, less active and clients referred via social prescribing. It also covered special licenses for music and classes, as well as hall rent. This was important as some classes, such as men's Pilates, had dwindling numbers and may otherwise have been cancelled. Being able to run classes online during lockdown has been a lifeline to the outside for many who were shielding, working from home or needing exercise for their mental and physical health. When lockdown rules allowed, Becky was also able to offer face to face classes.

"Thanks Becky, I have enjoyed all this week's workouts and although I do them regularly I still feel challenged".

"It was great to have a sing and dance - felt like a night out. Thanks Becky."

"Brilliant, thanks so much, just what I needed and well suited to a small lounge which is fab."

"Thank you, I have enjoyed all these weekly workouts set at my level."

"Your never ending cheerfulness is a proper tonic in the mornings."

