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Site Address: Swan Hotel Buxton Road New Mills Derbyshire SK22 3JS High Peak

Comments by: Lee Garnett

From:

92

Duddy Rd

Disley

Stockport

Phone:

Email:

Submission: Support

Comments: I have been a member of Fitness in Mind for over 5 years and have seen the company grow. Fitness is Mind is a safe space for any all ages, sex and ability to improve their general wellbeing. It is also a successful community helping to battle loneliness and improve mental health. It has supported new mums back to fitness, couples, hardworking time poor adults and those of retirement age. The outdoor space will provide a cooler and all year round safe space for fitness giving more options and flexibility to workouts. This is what keeps people coming back. I have seen non runners become Marathon and Ultra Runners and Fitness Trainers. I've seen networking and new business opportunities and charity events. Fitness is Mind has been a huge boost for the residents of Disley and now in this location is starting to benefit the Newtown and New Mills community.

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