



HELP *for* HEROES

Support For Our Wounded



Help for Heroes New Year Bootcamp Welcome Pack

Hello, and welcome to the first of The Fit Farm's 'Help for Heroes' Bootcamp.

Firstly can I just say a big thank you to all those taking part, by doing so you are not only doing something positive about improving your health, you are also raising much needed funds for a very worthy cause.

The Help for Heroes charity has been aiding our injured servicemen and women since October 2007, and plays an absolutely crucial role in helping soldiers who come back from Afghanistan and other conflicts seriously wounded. Their help has improved the lives of hundreds of men and women unlucky enough to have sustained injuries whilst serving their country, and for this reason alone they have become The Fit Farm's chosen charity.

We plan on running these bootcamps twice a year, once in the summer and once after New Year to help work off those Christmas pounds. See our website for full details at www.fitfarm.co.uk

We hope you will continue to support our work and spread the word to anyone wanting to get back in shape whilst helping such a noble cause.

If you wish to purchase Help for Heroes clothing, make a donation or get involved with your own fundraiser event, visit their website at www.helpforheroes.org.uk.

In this welcome pack you will find the Help for Heroes mission statement as well as offers and literature from a number of local business's whom we work with. They all provide a fantastic service and are, in our opinion, the best at what they do in the local area, that's why we work with them.

We hope that you will enjoy the bootcamp and find that exercise can be fun as well as rewarding.

See you on the next one.

Carl Garton

Director, The Fit Farm Ltd