

Get your fitness plan off to a fighting start at Edinburgh Leisure

✘ Edinburgh Leisure is calling on the public to combat cancer and get their new-season fitness plans off to a fighting start at the same time.

Edinburgh Leisure has joined forces with Macmillan Cancer Support to host a series of Body Combatathons at venues across the city from August 26th – 28th with the aim of raising awareness of the charity's excellent work and boosting vital funds.

Customers can take part in one, two, three or up to seven hours of the Combat Cancer Combatathons.

Based on the hugely popular Body Combat classes, the event will blend various combat sports renowned for their fitness and fat-burning benefits.

The combatathons are the latest event resulting from what is proving to be a successful partnership between Edinburgh Leisure and Macmillan Cancer Support, which was agreed in 2013 with the aim of raising funds for the charity and also raising awareness of the health benefits of exercise.

Events to date have included the Longest Day golf, and various sites hosting Macmillan Coffee Mornings, raising in the region of £6k in 2013.

Edinburgh Leisure is going for a target of raising £10K for Macmillan Cancer Support in 2014.

Ian Grimwade, Head of Business Development at Edinburgh Leisure, said: "At this time of year many of us are wanting to get fit and healthy again after the summer holidays. So we are

challenging people to get their new fitness plans off to a fighting start, and help a brilliant cause at the same time, with the Combat Cancer Combatathons.

“We are encouraging as many people as possible to sign up for this adrenalin-pumping event, which will not only help raise cash to kick cancer’s butt, but also raise awareness of the benefits of exercise. Plus it promises to be fantastic fun!”

Jayne Forbes, Edinburgh Fundraising Manager for Macmillan Cancer Support, said: “We are delighted to be working with Edinburgh Leisure. They are helping us to make a real difference to people affected by cancer. We help people in many ways, from specialist nurses and doctors, to help and advice for people who have financial worries as a result of their cancer diagnosis. None of this would be possible without the help of our supporters who contribute 98% of our funding. Please look your trainers out and get to a Combat Cancer event near you!”

Participants simply make their donation of £5.

Combatathons are taking place at:

Gracemount Leisure Centre, Tuesday 26th August, 19.30-21.30

Drumbrae Leisure Centre, Thursday 28th August, 09.30-11.30

Meadowbank Sports Centre, Thursday 28th August, 18.00-21.00

Customers can call the centre or simply visit reception to book their place and pay their £5 donation. For further information visit www.edinburghleisure.co.uk