

Getting fit and active for new financial year

STAFF at Moore Stephens Financial Services are used to making pounds for their customers - but from this month it will all be about losing them.

In a fitness initiative led by Managing Director Jon Telford, a team of nine staff plan to lose weight, get fit and get in shape for the summer.

At the same time, the team, based at the award-winning firm's Corby offices, hope to raise lots of money for charity.

The team members taking part are Jon 'Big Bones' Telford, who wants to lose 36lbs by 31 July, Office Assistant Ellie 'Free Welly' Wellman-Smith, who wants to shed 39lbs and drop to a size eight dress size, and Operations Manager Rachael 'Chunk' Banner who wants to lose 14lbs and become a dress size 10.

Other team members will be cycling, running and playing football over the coming months, setting their target as the summer solstice on 21 June.

Jon Telford said: "This isn't about being silly and dieting to extremes. This is about embracing a healthy lifestyle and rallying together to support each other in our bid to get in shape for the summer."

"For some of the team it's about weight loss, while for others it is about getting fitter and being able to run a target distance. Hopefully, by doing it together we will be



The team at Moore Stephens Financial Services.

successful - and will be less likely to be tempted by chocolate and all those naughty, but nice, foods."

To spur the team along, each dieter and keep-fitter will all be asking friends, colleagues and clients for sponsorship, and for every £1 donated the firm will be matching it. All of the funds raised will go to help the Batten Disease Family Association.

Jon Telford explained: "Batten Disease is not widely known about. It mostly affects children and young adults, and since there is currently no cure, those affected will inevitably die young. We would like to do our bit to

help the charity continue their excellent work and at the same time create a little more awareness of the disease."

Jilly Mann, Operations Director, will be overseeing the company's Get Fit For Summer Campaign with weekly weigh-ins for those team members trying to shed the pounds and mileage counts for those taking part in the other activities.

Jilly will also be providing support with friendly encouragement but ruthless enforcement of the no sweets or junk food policy.

Interested onlookers can track the team's progress online via the company's website www.msfs.co.uk/getfit



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