



Marjons looking to be fit for business

UCP MARJON has joined the national Fit for Business scheme to become an accredited active and healthy place to work and study.

Fit for Business provides an opportunity for staff and students to become more physically active, make healthier choices and reduce stress.

The university college kicked off the programme with an event featuring external exhibitors such as Cancer Research UK, Plymouth Bowls, Business in the Community, British Military Fitness and the

Plymouth Business Health Network.

Internal facilities were also promoted, including UCP Marjon Sport and Leisure's new fitness timetable and students enrolled on the sports therapy degree advising on posture, BMI, and giving sports injury massages.

The sports science laboratory monitored blood pressures and gave advice on health and wellbeing. UCP Marjon catering were also on hand to ensure staff were able to give opinions on healthier menu options.



FITTING IN: From left, students Sam Green and Andrew Brace with Staff Aleksandra Strugala, Sarah Fuqua and Diane Prowse