

Advertiser's announcement

## Get fit outside – feel good inside!



BRITISH Military Fitness (BMF) has been running fun, motivational and effective outdoor fitness sessions since 1999. Now one of the biggest outdoor fitness providers in the country, it has helped thousands of people to lose weight, get fit and feel better about themselves! Fitness sessions are run by serving or ex armed forces members who will encourage and motivate people to reach their full potential. Keith Walkman, Southern Area Manager, says that:

"BMF is all about getting people working together in the great outdoors. It is also great fun. We work hard and play hard as a group and the atmosphere is really positive. The instructors I use also get a real buzz from helping people to achieve their goals"

There are three different ability groups enabling them to cater for everyone (blue – beginner, red – intermediate and green – advanced, from those who want to lose weight and get fit, to marathon runners and sports people who want a unique training experience and encouragement is given from within the group.

Keri White from

Southampton said:

"I joined BMF in October 2007 and have never looked back since! Sun, wind, rain, or snow the instructors are there ready to give us the workout of our lives. These guys really know their stuff about physical fitness and how to achieve your goals. Each session is different which is one of the many reasons I love BMF as it never gets boring. The results have been unbelievable! My fitness level has increased dramatically and I have never felt better. The instructors are fantastic; they are professional, funny, down to earth

and above all encouraging.....they always get that last little bit of effort out of you. The other great aspect of BMF is that I have met some fantastic people; we have got a great social network at BMF Southampton... I would highly recommend BMF to anyone...I love it!"

In Southampton you can trial a FREE session either on Southampton Common or at BMF's brand new venue in Riverside Park. For more information on attending a trial class please see [brit-milfit.com](http://brit-milfit.com) or call 0207 751 9742.