

Keep Fit at Little Waldingfield

Nic Carter is a community based personal trainer who, with the support of Fit Villages, set up a Keep Fit class at Little Waldingfield. Find out how Nic became involved in the Fit Villages project and the difference she thinks it has made to the local community:



What is Fit Villages?

Fit Villages is a well-established and very popular project. We help villages in rural locations to set up physical activity sessions, using village facilities such as community centres, village halls, libraries and playing fields.

We have already helped many villages across Suffolk to set up activities such as Pilates, Yoga, Table Tennis, Nordic Walking, Zumba, Badminton, Keep Fit, Walking Football and many more! The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, makes a real difference to local communities by bringing people together to socialise, have fun and become more active at the same time.

If you would like to see an exciting new activity come to your village, please get in touch—we're always looking for new villages to become involved! Visit our website to fill in an enquiry form: www.activesuffolk.org/fitvillages

“Hi, I’m Nic - a community based personal trainer. Basically meaning I don't work within a gym, instead preferring to work with people within their homes / gardens, or within the green spaces, parks and village halls of my client’s community.

My passion lies with being able to support people in a holistic way. Ensuring clients health and mental wellbeing is considered alongside their fitness. By doing so, I am able to create keep fit (and well) sessions that not only help people to become fitter and stronger, but also healthier, happier, more confident and so much more.

I was very lucky in the early stages of my career as a personal trainer to be recommended to Nick Pringle (Fit Villages), who was looking for a keep fit class facilitator in Little Waldingfield. I jumped at the opportunity to be able to help this amazing community to become healthier and fitter. Being the facilitator of this keep fit session has also enabled me to bring the village and others from outside it together, creating a really special community spirit.

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The class is a general keep fit class, which for me is great, as this gives me lots of scope to use new and imaginative ideas to literally keep the participants fit. The group use dumbbells, body weight, resistance bands and other equipment to ensure an all over body work out. I support everyone within the class to work at their own pace and will adapt and change exercises as needed, without participants feeling silly or unable to achieve the exercises. There is on average 8 – 10 participants every week, which is awesome considering the size of the village.

For me the Fit Villages Project is imperative for communities who are rural. For some people, living remotely can put them at risk of isolation and loneliness. Fit Villages enables rural communities to come together so that conversations can be started and friendships can be made. The project also gives individuals a way of keeping fit and healthy that is accessible to them, right on their doorstep. Being fit and healthy is so important to the human body and brain, for so many reasons. Therefore, creating opportunities for people who wouldn't / couldn't normally attend a keep fit session is absolutely vital.



One of the group participants, Sue, commented that she feels so much better for coming along to the sessions. Not only does Sue attend the class every week – no matter what, but she also attempts to do 10 minutes of fitness every day. Impressively, she achieves 25 sit ups a day!!

In addition to this, Sue has lost half a stone in weight, which is fantastic. Sue and the rest of the team are very thankful to Fit Villages for sourcing and setting up the Keep Fit Group. They collectively agree it is a great initiative, not only because it supports them to keep fit, but because it is a fun social occasion for them also.

I have ensured that my name is on the list with the Fit Villages team, so that if there are any more opportunities available to facilitate classes, I will be invited to do so. I would also highly recommend the Fit Villages project to other instructors and participants, as it is such a positive project to be involved with.”