

## Debbie — Acton Running Group



### What is Fit Villages?

Fit Villages is a well-established and popular project that makes a real difference to local communities by bringing people together to socialise, have fun and become more active.

The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, helps villages in rural locations to set up physical activity sessions by using village facilities such as community centres, village halls, libraries and playing fields.

The project has 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!

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

In May 2017, Fit Villages supported the set up of a beginners running group in Acton. Since its first session, the group have given each other tremendous support and have achieved a great deal. Debbie has attend since the beginning and tells us her story:

*“My name is Debbie. I'm 51, overweight and unfit (typical couch potato comes to mind).*

*Its been 20+ years since I have exercised on a regular basis but in May 2017 I joined a group supported by Ft Villages; running for beginners.*

*I didn't know what to expect, I was nervous and couldn't run a few metres without gasping for breath. I can honestly say that I loved it from the very first session. Lisa (the group leader) was so encouraging, she made the sessions enjoyable and fun but never put any pressure on me to do any more than I felt comfortable with.*

*Joining the group was the motivation that I needed to get back into exercising. I feel so much fitter and happier. I have more energy than I have in a very long time. I now regularly run 3 or 4 times a week and have just completed my first 10k in October and booked another for February 2018; not too shabby for someone of my age who only started exercising six months ago! I am so proud of myself and what I have achieved...it's a great feeling.*

*Its never too late to change your lifestyle and try something new. If I can do it...so can you!”*