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## **Leisure trust urges East Devon to get fit before 2009**

With the temptation to curl up in front of the television too much for some people, as autumn sets in and winter approaches, one east Devon leisure provider is encouraging local residents of all ages to get 'fit b4 2009' by offering some fantastic customer savings.

Leisure East Devon (LED), a trust that manages a number of leisure facilities and swimming pools across east Devon, including Exmouth Swimming and Leisure Centre and Exmouth Tennis and Leisure Centre, has declared that October is a month of celebrations for the organisation and is inviting new customers to share in these celebrations.

October sees the first people through the doors of a brand new gym at Exmouth Tennis and Leisure Centre, as existing members are being given the chance to test out the state-of-the-art new equipment before the gym opens to new members in November. This month also sees the official opening of the newly refurbished gym at Honiton Swimming and Leisure Centre and to coincide with these events LED has announced that the usual membership joining and introduction fees will be waived across the region for those who book an induction and sign up to become a member of any of their east Devon centres between 7 and 19 October. This represents a saving of over £40.

"We're pleased to be able to mark our exciting October by announcing this special savings offer," said David Pagett, Chief Executive of LED.

"Traditionally, the autumn and run-up to Christmas has been a time when people prefer to hibernate and put off any thoughts about getting fit until the

new year. What we want to remind everyone is that now is an ideal time to think about joining a gym to get active and improve your fitness. Getting into a new regime will be much harder if you put it off until new year resolution time – if you get active now you'll be in a much better shape to enjoy Christmas without feeling too guilty, and you can really hit the ground running in 2009.

“LED offers a range of money-saving membership options and with fantastic savings for those who join up between 7 and 19 October, there's no better time to get started,” added Mr Pagett. “As well as superbly-equipped gyms that are staffed by friendly, well qualified exercise specialists, the centres offer a variety of sports, dance and exercise classes for children and adults. All of these activities help improve fitness levels and can be lots of fun. Some centres, including one in Exmouth, also offer swimming – a fantastic form of exercise for all age groups”.

To book an induction and take advantage of this special offer and for full details on all the facilities available at LED centres across east Devon including the new gym at Exmouth Tennis and Leisure Centre, visit [www.LEDleisure.co.uk](http://www.LEDleisure.co.uk) or call your local centres: Exmouth Swimming and Leisure Centre (01395 266381) or Exmouth Tennis and Leisure Centre (01395 223355).

LED is a charitable trust that operates leisure centres, parks and the Exmouth Pavilion. It employs more than 300 staff at 13 facilities.

Ends

Notes to editors:

1. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it. [www.ledleisure.co.uk](http://www.ledleisure.co.uk)
2. The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); East Devon Tennis Centre; Exmouth Swimming and Leisure Centre; Exmouth Pavilion; Exmouth's Phear Park; Honiton Swimming and Leisure Centre; Seaton's Seaford Gardens; Sidmouth's Coburg Road; Sidmouth Leisure Centre and Sidmouth Swimming Pool.

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