



PRESS RELEASE

FOR IMMEDIATE RELEASE

WREN FIT Zones

If exercise is good for the body and green space good for the mind, a UK charity is killing two birds with one stone by installing 10 outdoor gyms across the country.

Fields in Trust, which works to protect the quality of recreational space across the UK, is using a £300,000 grant from WREN to create the innovative and accessible gyms.

WREN is a not for profit business that awards grants to community projects from funds donated by Waste Recycling Group (WRG) to the Landfill Communities Fund.

Working in conjunction with Fields in Trust's legacy programme to mark both the Diamond Jubilee and the London 2012 Olympics, the majority of these 'WREN FIT Zones' will be established on the newly protected Queen Elizabeth II Fields. The Queen Elizabeth II Fields Challenge, led by its Patron Prince William, aims to protect 2012 outdoor recreational spaces by 2012 creating a permanent and tangible legacy that will benefit communities now and for generations to come.

The ten towns and cities involved in the WREN FIT Zone scheme are Nottingham, Chester, Workington, Penistone, Warrington, Nuneaton, Llandeilo, Rhyl, Edinburgh and Craigneuk.

The WREN FIT Zones will provide fantastic opportunities for people to get fit and healthy in their local park or field using exercise bikes, weights machines, treadmills and skiers. Outdoor gyms are hugely popular and remove many of the barriers people face in engaging with traditional gyms such as cost and perceived ability.

Alison Moore-Gwyn, Chief Executive of Fields in Trust said: "Outdoor gyms are a wonderful use of public spaces and encourage inter-generational activity for families. It is a great way for everyone to be able to participate in exercise and reap the rewards of improved physical and mental health. We're delighted that with WREN funding we will be able to create 10 of these spaces in areas where they are most needed."

Peter Cox, Managing Director of WREN said: "WREN is committed to funding projects that make a real difference to local communities, children and families. The outdoor gyms will provide a fantastic space for local people to get outdoors and have some fun while exercising. We're delighted to support Fields in Trust to make this happen and look forward to the completion of the project."

Combined with the permanent protection of the sites through the Queen Elizabeth II Fields Challenge is a great opportunity to show commitment to the important role outdoor space plays in creating happier and healthier communities

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Notes to editors:

- Fields in Trust is the operating name of the National Playing Fields Association.
- Fields in Trust is a national charity founded in 1925. We work to improve the protection, provision and quality of outdoor recreational spaces for all communities in the UK.
- We currently protect 1362 fields totalling 8586 acres.
- Further details on The Queen Elizabeth II Fields Challenge can be found at www.qe2fields.com
- WREN is a not for profit business that awards grants to community, environmental and heritage projects across the UK from funds donated by Waste Recycling Group (WRG) as part of a voluntary environmental tax credit scheme called the Landfill Communities Fund. Since 1988, WREN has granted over £141m to more than 5,300 projects which benefit people living within 10 miles of a WRG landfill site. For more information please visit www.wren.org.uk

For further information about Fields in Trust, WREN FIT Zones or The Queen Elizabeth II Fields Challenge please contact Helen Griffiths, Director of Communications on helen.griffiths@fieldsintrust.org

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