

## Fibre Broadband Brings Superfast Exercise Sessions During COVID-19



Mandy Westgarth is a mum, a carer and a gym instructor/personal trainer based in Aspatria. Having a superfast broadband connection is enabling her to continue to provide fitness classes for clients near and far.

Mandy said: 'Exercise is good for the body and mind and during these times of uncertainty has an increasing influence and importance on general wellbeing.'

'I have a good client base built up, many of who have made brilliant progress with their fitness levels so when social distancing restrictions came into force and we could no longer meet in person I had to think of a solution. I asked clients whether they would find fitness videos a help in keeping momentum up and encouraging exercise in their own home. The response was overwhelmingly positive and so my YouTube videos began'.

Mandy explained: 'I do regular sessions for my clients and upload them to YouTube. This would be extremely difficult if it wasn't for superfast broadband. We set a time in the day and those who can join the class there and then, often via a group video call for added encouragement and support. The sessions then remain available on YouTube for use at any convenient time.'

'My clients have found the sessions a great help. Many are working from home, working on the front line or caring for children and loved ones and the fitness sessions give them a break from the real world and give them a bit of 'me time'. If I can give my clients the encouragement to focus on themselves and have a bit of fun I know I'm doing my job right.'

To find out more about the workouts, grab your trainers and search Amanda Westgarth on YouTube at <https://bit.ly/2SMYKr7>