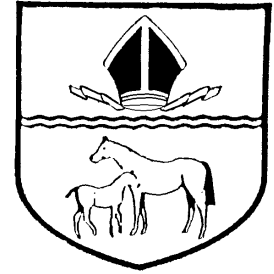


# East Cambridgeshire District Council



Ref: 049/09  
Author: Tony Taylorson  
Date: 10/05/09

## Press Release

### FANCY A WORKOUT AT LUNCHTIME

Businesses in e-space North in East Cambridgeshire are limbering up to get fit during their lunch hours.

In a effort to encourage people to do half an hour of exercise, the Sports Development team at East Cambridgeshire District Council are going to hold a special session where employees of companies based at the centre can try to activities from Wii fit to table tennis.

If the session proves a success then a regular programme of events will be developed.

Tom Hickson, Sports Development officer at East Cambridgeshire District Council, said: "I often hear people complain that they simply don't have enough time to exercise. This is why we are trying to help people make better use of the free time they do have, hence we are going into e-space North and showing them there are a lot of activities you can do in your lunch hour.

"The benefits of doing exercise during the day are massive. You can create a healthy workforce while raising staff moral in the workplace – all by using your lunchtime more effectively. We can't wait to get started in Littleport and it will be great to see people getting fitter if the pilot is a success."

The session at e-space North is taking place on Monday 18 May between noon and 2pm. For more information please contact the Sports Development team on 01353 665555.

e-space north is a friendly, open business centre in a pleasant rural setting. The building based in Littleport provides relaxed informal meeting areas, green spaces and on-site catering. The centre offers a cost-effective and supportive business environment for small and growing businesses.

e-space North has 34 serviced offices ranging from 150 to 650 sq ft. All units offer flexible easy in, easy out terms with one-month rolling contracts.

To learn more about e-space north visit [www.espaceely.com/north/home](http://www.espaceely.com/north/home).

## **ENDS**

Notes for editors:

For further information contact Tony Taylorson in the Communications Team on 01223 699285.

East Cambridgeshire District Council is working for the well being of the community, with partners, to plan and deliver high quality, customer centred services.

Our objectives:

- High quality services - to champion accessible public services to protect and enhance a high quality of life for all residents and ensuring effective and efficient use of resources
- Partnership - to work with our partners to deliver continuous improvement through effective challenge and learning and achieve the development of an informed, involved and united community
- Sustainable growth - as one of the fastest growing districts in the country, we aim to stimulate and properly manage the social, economic and environmental impact of growth to meet the needs and aspirations of the whole community.