

ANYTIME FITNESS UK UNVEILS 'PANEL OF HEALTH' EXPERTS

Leading UK gym chain showcases its commitment to supporting members' health by working with four experts in their fields to provide exclusive wellbeing advice and guidance

Anytime Fitness UK has unveiled its 'Panel of Health', comprising four leading experts who will support its members during lockdown and beyond.

With clubs once again forced to close their doors, the experts will provide educational content for Anytime Fitness UK's 170,000+ members on its AF Connect Online member platform as well as hosting live Q&As and webinars.

The recruitment of the panel showcases Anytime Fitness' commitment to supporting the overall health and wellbeing of its members, even when they're unable to be within a gym. The experts will provide content across five key topics; rest/sleep, work-life balance, family & social environment, mental wellbeing and nutrition which reflects Anytime Fitness UK's ['Hand of Wellbeing'](#).

The experts are:



DR NEIL STANLEY
REST / SLEEP

Director of Sleep Science at NHS-approved sleep programme, Sleepstation, Dr Neil Stanley has over 36 years' experience in sleep. His book 'How to Sleep Well' has been a best-seller on Amazon



ANNABEL ZICKER
WORK/LIFE BALANCE
& FAMILY/SOCIAL

Annabel is a mindset and resilience coach and uses her own experience of burning out in her old job role in finance to inspire others.



LEE CHAMBERS
MENTAL WELLBEING

Lee is a psychologist, wellbeing consultant and founder of Essentialise Workplace Wellbeing. While he currently works within organisations to combine wellbeing and performance to create corporate athletes.



LUCY PERROW
NUTRITION

An award-winning dietician, Lucy has worked for the NHS as a weight management dietitian and managing dietetics services within London.

"Health is far more than just your physical health and the recruitment of our Panel of Health will provide significant support to our members," said Neil Randall, Anytime Fitness UK CEO. "Given the announcement of the national lockdown, we wanted to make sure as much support as possible was in place for our members and having worked on this for some time, it's great that we've been able to work with the experts to bring this together sooner. We know how much our members will miss our gyms while

they're shut and the Panel of Health will allow them to enjoy expert advice and guidance from home and continue to achieve their health goals.

"It's great to be working with Dr Neil, Annabel, Lee and Lucy who all share our belief that there are many factors that make up our overall health. We look forward to seeing all of the content that they create and achieve our goal of Making Healthy Happen for our members."

Content from the Panel of Health will be hosted on AF Connect Online, Anytime Fitness UK's new member platform which launched late last year. As well as this wellbeing content, members have access to over 60 on-demand workouts, healthy recipes and exclusive discounts from Anytime Fitness UK partners which include the likes of Myprotein and WOW Hydrate. To see more, visit connect.anytimefitness.co.uk.

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