



News Release

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Office gym helps Lorraine to lose five stone

Staff at Glasgow-based Morris and Spottiswood, fit out specialists and the leading provider of new build, refurbishment and maintenance services to the social housing sector, are getting fit for spring in their office gym. After shedding 70lbs and dropping five dress sizes, credit controller and Scottish Slimmers finalist, Lorraine Waddell, is one of the company's fittest. Because the gym is so handy, the 38-year-old works out in it four times a week which has helped her to hit her goal weight earlier than expected.

"I feel fit and fabulous," says Lorraine, of Darnley. "Before I joined Morris and Spottiswood I found it difficult to fit exercise into my day because there are so many other things that need to be done. But the gym at work is open all day, which means I can pop in during my lunch break to do a full workout." She adds: "The gym really is excellent with a wide range of cardio-fitness machines and lots of weights. There's always motivating music playing and I've even started to bring in my own mix tapes which has been a big success with colleagues. We have free circuit training classes and on Fridays we have a free Yoga class, which is great because it's a chance to unwind ready for the weekend."

When Lorraine joined Scottish Slimmers in March 2005, she weighed 15st 12.5lbs. But with the extra boost the gym has given her, she's managed to hit her goal weight of 10st 10lbs.

"I've changed so much that when some people walk past me in the street now they think my husband, Alex, is having an affair with someone else," says Lorraine. "The combination of following the healthy eating plan and having a gym at work has really helped me to change for the better. The real bonus is that the gym is free and its so handy to just pop in when you're out at work – if I had to go off at night after work I don't think I would bother."

Occupational health therapist and personal trainer

The gym, based at the company's local offices at Helen Street, is open Monday to Friday from 6.30am to 7pm. There's also a gym at the company's Warrington base, which is also open from 6.30am to 7pm. As part of the company's commitment to encouraging a fit and healthy workforce, it offers occupational health therapists who can carry out initial fitness assessments for all gym users. There is also a personal trainer on site who will set individual exercise programmes, check on fitness progress and provide one-to-one training sessions.

"Lorraine has done remarkably well and I'm thrilled our gym has helped her," says Chris Saxton, Morris and Spottiswood chief executive officer. "The gym is one of several initiatives aimed at encouraging a healthy, happy and more productive workforce and this strategy is paying off." He adds: "The gym is a great stress buster and allows staff to fit exercise into their normal working day. It's also free so everyone has the opportunity to make use of the facility."

The gym is open to all Morris and Spottiswood employees. As well as providing a staff gym, the company also offers free fruit to everyone on Fridays and encourages groups to take part in events such as Cancer Research UK's *Race for Life*.

Employee sick leave costs the British economy about £13 billion annually with the average person taking seven sick days a year (source: CBI). Stress is the main cause of long-term absenteeism among office workers.

Ends

Photos:

Lorriane Waddell 1 (l-r) Morris and Spottiswood employees: Clare Young, Lorraine Waddell and Shaun McDougall, are getting fit for spring in their office gym.

Lorraine Waddell 2 (l-r) Morris and Spottiswood employee: Lorraine Waddell has lost 70lbs with the help of her office gym.

Editor's note: *Morris and Spottiswood is a leading provider of fit out and maintenance services to the retail, banking, commercial, education and healthcare sectors across North West England and Scotland. Established in 1925, the company is Britain's third largest*

shopfitter. Morris and Spottiswood is also a leading regional provider of new build, refurbishment and maintenance services to the social housing sector. The company has a growing portfolio of social housing projects arising from partnering agreements with local housing organisations throughout Scotland.

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