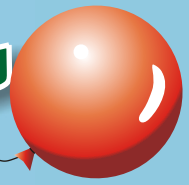




3rd Birthday Party



BMF Cardiff held its third birthday celebrations on Saturday 19th January 2008.

The day was a typical January day with gale force winds and torrential rain. However, this was not enough to dampen the wonderful BMF members' spirits. Despite the weather a record number of members turned out to join in with the celebrations.

The birthday consisted (as you would expect) of a bumper PT session with extra BMF Instructors to make sure that it would be a morning to remember.

The members were warmed up and split into their bib colour groups allowing everyone to work to their optimum. (This has got to be the way forward).

The stands consisted of a physical press-up adaptation of musical chairs, rope scramble, and log and military equipment race. The session was finished off with a monster game of touch rugby or more accurately named as mud rugby.

After all the physical elements were completed, the members were offered bacon rolls, mulled wine and cake.

The members received awards for their endeavours over the last year.

The results:

Most Dedicated Female: Sheryl Hudgell

Most Dedicated Male: Tony Brown

Most Improved Female: Rachel Lake

Most Improved Male: Simon Jones

Best Female Fitness: Alex Attard.

Best Male Fitness: Morris Attard.

Best Yearly Risers: Babs Gruer

Best Yearly Risers: Sian Evans



In summary, an excellent birthday with a fantastic atmosphere. It is always impressive to see all types of people living a healthy lifestyle through BMF.

Exercising the BMF way is about having fun, making friends and doing something that will help to improve your quality of life.

We look forward to next year's birthday bash.

Finally I would like to finish by congratulating all our members for supporting a Carbon Neutral method of getting fit.