



# Cinnamon Recommended Project



## MegaFitness

MegaFitness helps churches to run holistic exercise courses for the whole community.

**Activity** MegaFitness is a programme which is designed to give a fun non-competitive approach to fitness which includes all ages and all abilities and families.



### Time Frame

It can take a few months to establish a team, complete training and advertise the project. Weekly classes are 30 minutes long and you will need to factor in time to set up a room and speak with participants afterwards. During COVID training sessions are delivered via zoom with all classes, jungle gym and family activities also delivered virtually.

### Financial Costs/Contribution

The 2-day training course costs £100 for one person and £50 per additional instructors from the same church. A license fee of £250 can be paid up front or via monthly instalments. Cost of equipment varies from £100 upwards depending on which classes you want to deliver.



### Civic Partnership

The course can be advertised through local community & county council boards, through GP surgeries, physiotherapists, consultants and churches to encourage participants.



### Project Support

MegaFitness provide a fun and informal training session over 2 days in Kidderminster that equips volunteers with everything they need to run a project.

### Physical Resources

You need a large safe space suitable for exercise and facilities for refreshments. You will also need a microphone, popular music license and basic fitness equipment.



### Human Resources

A few volunteers are required to lead the class – leaders of the project do not need any previous training or experience as all training is provided either face to face or virtually.

*"MegaFitness has massively enhanced our toddler group. It's provided our under 4s with a chance to try out new skills and gain massively in their mobility skills and confidence."*  
MegaFitness church partner.

### Replications

**MegaFitness has a number of projects across the UK**

*"MegaFitness has brought a new dimension to the group, it has really helped build a community feel, parents and children working out together, laughing and having fun."*  
MegaFitness volunteer

To start a **MegaFitness** project in your church, visit [www.simply-limitless.org/megafitness](http://www.simply-limitless.org/megafitness)