Brixton personal training Do More Movement support charity fundraisers with personalised fitness plans

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Founder of successful personal training company, Do More Movement, Jeremy Johnston has shown his support for small national charity Pancreatic Cancer Action by providing personalised fitness plans to help fundraisers in upcoming events.

Jeremy established Do More Movement to encourage people in Brixton, Clapham and Herne Hill to do more exercise and aims to inspire clients to reach their goals in a fun way and help them find a passion for fitness.

Jeremy said: “Being fit and active has always been a passion and priority of mine and it's something I enjoy sharing with others whether that’s training together, swapping stories or stealing ideas on how to improve myself.”

The plans, which include one for running 5k,10k and Tough Mudder, are available on the Pancreatic Cancer Action website at http://bit.ly/2dp91Bg. He said “I'm delighted to have got the opportunity to work with the fundraising team at Pancreatic Cancer Action. It was an honour to be asked to provide a training plan to help the hundreds of fundraisers who run 5km and 10km races for the charity every year.”

“Hopefully, by having a clear and simple plan to follow it's one less thing for them to think about!! Now hopefully they can concentrate fully on raising as much money as possible for the great work that Pancreatic Cancer Action do in helping so many people through incredibly difficult periods in their lives."

Jeremy holds a level 3 diploma in fitness instructing & personal training as well as other qualifications in ante & postnatal exercise design and is a TRX, circuit and kettlebell instructor. His donation of the fitness plans will help the charity provide ongoing support to fundraisers who require training in preparation for a fitness event that they are taking part in on behalf of the charity. Lucy De’Lemos, Fundraising Manager at Pancreatic Cancer Action says:

“We are really excited to be able to offer these fantastic training plans to our fundraisers! Our fundraisers go above and beyond with all them activates so it is great to be able to help them with their training. We can’t thank Do More Movement enough for offering to produce these at no cost to the charity.”

Pancreatic cancer is the UK’s fifth biggest cancer killer and 24 people die a day from the disease. The 5 year survival rate is just 5%, a figure which has barely changed in almost 50 years. Due to late diagnosis patients will be faced with an average life expectancy of just three to six months. Pancreatic Cancer Action is committed to working towards earlier diagnosis of the disease so that surgery, currently the only cure, is made available to the sufferer. Ultimately this will lead to improving survival rates.

For more information on pancreatic cancer and Pancreatic Cancer Action please visit their website: www.pancreaticcanceraction.org

To find out more about Do More Movement you can visit their website: http://www.domoremovement.co.uk/

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