OLYMPIC TRAMPOLINIST BRYONY PAGE JOINS BOOGIE BOUNCE

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Olympic trampoline vice-champion Bryony Page has joined Boogie Bounce – the UK's brand leader in mini-trampoline fitness.

Bryony made history when she became the first ever Briton to win an Olympic medal at Rio 2016 – scooping silver.

And now, in an unbeatable partnership, she has become an ambassador for Boogie Bounce.

Bryony, 27, of Sheffield, now in training for the Tokyo Olympics, will make her debut appearance for Boogie Bounce at the This Morning Live exhibition being held at the National exhibition Centre in Birmingham on Sat May 19.

She is also looking forward to training as a Boogie Bounce instructor so she can launch her very own classes in her home town.

"I'm super excited to be working with Boogie Bounce," says Bryony. "I looked at lots of different trampoline exercise classes but Boogie Bounce's values of 'fun, healthy activity' represent everything I love about this activity and this sport.

"Founder Jenny Belcher is amazing. She launched Boogie Bounce more than 21 years ago and has an excellent reputation. Not only is it a family-run business but everyone who works with them is like family too."

After trying out a class for herself Bryony, like many bouncers, was hooked. "I really enjoyed the session," she says. "It's one of those things that just feels like fun but, at the same time, is a great whole body workout.

"It's like activity in disguise. There was funky music and great dance moves - plus higher and lower level move options mean the class is adaptable and accessible for all abilities.

"It's an amazing opportunity to get to become an instructor and run my own classes," she says. "My friend is coming on board with me and we're going to qualify together so that she can cover whenever I'm away competing. I'm super-excited.

"It'll be a really nice way for me to show my fun side – going 'wooh, yeah!' while instructing. And you never know. It might inspire some people to start doing those skills on a bigger trampoline.

"When people say 'my daughter's been inspired to start trampolining because of you' or 'we were crying our eyes out watching the Olympics' – it's hard to take in but it means such a lot."

Boogie Bounce founder Jenny Belcher admits she was stunned when the Olympic vice-champion first approached her.

"I couldn't believe it," she said. "At first I thought it was too good to be true. She'd looked at all the bouncing exercise classes out there but loved our longevity, our philosophy and our zest for life and improving people's lives through bouncing.

"But she came along to one of our classes and loved it and we've never looked back.

"She was very good at Boogie Bounce. She's so beautifully formed, elegant and precise – and her split leaps were incredible to watch and far better than any of our's! But she also loved the fun element of it.

"She is just delightful, awesome and talented - and we're honoured to be working with her."

Bryony is looking forward to spreading the joy of Boogie Bounce. "Trampolining has that incredible sense of weightlessness and feeling of being free as you fly through the air.

"Combined with dance moves and funky music is really uplifting. It's cheerful, it's bouncy, it's bubbly –

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it just puts you in a great mood. And I can't wait to get going."

COME AND MEET OLYMPIC SILVER TRAMPOLINING MEDALLIST BRYONY PAGE AT THE THIS MORNING LIVE SHOW'S BOOGIE BOUNCE STAND

Rio Olympic vice-champion and Boogie Bounce's brand new ambassador Bryony Page (wearing her glittering silver medal) will be on the Boogie Bounce stand (C20) at This Morning Live on Saturday 19 May from 11am to 4pm.

Come and meet her, alongside Boogie Bounce founder Jenny Belcher, have a photograph taken and discover the many joys and health benefits of Boogie Bounce for yourself.

"I'm delighted and so excited to be working with Boogie Bounce," says Bryony, 28, now training for the Tokyo Olympics. "I'm looking forward to promoting a healthy and active lifestyle through the element of trampoline fun."

Notes to editor

What is Boogie Bounce?

Boogie Bounce is an exclusive exercise programme offering cardiovascular, toning, fat burning and strengthening benefits with low impact on the body. NASA agrees that 'bouncing is the most efficient and effective exercise yet devised by man' – while studies by NASA scientists have shown that bouncing is 68 per cent more effective than jogging but requires less effort.

Boogie Bounce has 55,000 participants across the UK and is now expanding worldwide.

For more details, to try Boogie Bounce or arrange an interview with founder Jenny Belcher please contact Claire Nicholls or Insya Abdulhussein on 0121 354 1190; claire@boogiebounce.co.uk insya@boogiebounce.co.uk

If you would like official pictures of Bryony, please contact us to use some really great shots found here: https://www.gbdancestars.com/portfolio/G0000FkdV52I7w2s

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