

Annual Report 2018

261 members

Fighting Fit has worked with over 500 people this year.

11 members of staff including 3 new

Fighting Fit Foundation became active

We continued supporting our local charity, The Booth Centre by providing free weekly boxing sessions for the service users and hosting 2 separate funding raising events.

Jay Cahill was nominated as one of 6 people to feature in the Strong Manchester Women campaign as part of International Women's Day. <http://womensvotes.uk/>

BJJ

75 consistent members

12 people regularly competed

Produced British no-gi Champion (IBJJF), British National Pro Champion (UAEJJF), X Series Grappling Champion, London Open Champion, 3 Naga Champions, IBJJF Barcelona Open Champion amongst many other medals.

2 new black belts awarded

Boxing

New instructor inducted, meaning 2 Elite Level Hatton Academy coaches.

One instructor with his Amateur Licence, one instructor training for his Professional Licence.

Regular interclub competitions.

White collar event with Network Rail brought 20 inactive people into regular training and raised £10,000 for charity - Barnardos

MMA

3 regular competitors, 100% win record. 1 competitor turning professional.

Powerlifting

Kim Cowell represented gb at equipped bench euros, came 2nd at full power eq nats, getting another gb invite
Clare Patterson silver on bench at euros for Ireland, broke Irish bench record 3 times, won British equipped bench

FF women won the NWPL affiliate league for the second consecutive year.

Steevi Pugh squatted 195kg & took AWPC records

The classes have been a resounding success, [Joe Lyons](#) has built up a great reputation for his coaching, especially technical

[Elena Papas](#) won her class and overall best female lifter at the LGBT Champs as well as qualifying for the British Champs at her first competition

[April](#) Howe placed at the English Champs in May.

[Jon](#) wilkinson, [steevi pugh](#), [mariella fisher](#) qualified as a referee.

The club made an appearance to support over a dozen competitions in NW and nationally ranging from club to sanctioned, they are very highly thought of by NW Exec for their efforts and volunteering.

We ran a charity deadlift competition and [Jacqui Tofts Pugh](#) raised over a grand for Macmillan shaving her head after it

[Steevi Pugh](#) ABPU 2nd at the British, European Champion and World silver medalist, has the biggest female squat of all time in all of NWPL 🏆🏆

[Jacqui Pugh](#) had the NW M2 84 deadlift record at her first comp

[Elizabeth terry](#) AWPC European Champion, Claimed two AWPC World Records. Competed at All England's, British Champs (IPF) and AWPC European Champs in my first year of Powerlifting.

[Scarl Portues](#) has been invited to the Irish Pro based on her 2018 performances

[Beckie Hebson](#) broke a AWPC world record in Squat at AWPC Europeans

Member feedback

Members have gone from being on average 5/10 active to 8/10

92% of members say that Fighting Fit has had a fair to substantial positive effect on their physical health.

88% of members say that Fighting Fit has had a fair to substantial positive effect on their mental and emotional health.

98% of members feel part of the Fighting Fit community and 29% feel that it is an important part of their day to day life.

97% of members feel that their membership matters.

Member comments

Definitely great experience and amazing coaches. Very happy to be a member of the gym.

For the last decade I struggle with a condition that would cause severe pain and discomfort when sweating, which led to severe anxiety associating with exercise. For the last two years my physical condition has slowly been improving already without exercise, but it has improved significantly since starting BJJ 2 month ago. The anxiety associated with sweating is almost gone as well. Fighting Fit has improved both my physical and mental well-being.

Keep being the great gym that you are. Thank you for the years of memories shared.

Fighting Fit is massively my safe place (even though this is a massive contradiction, as I ALWAYS end up in pain there) My job and sometimes my social circle, cause me a lot of stress, heart ache and lows in my life. I suffer from depression and anxiety because of this. Fighting Fit is my own Marvel universe I can step into. A different planet, full of crazy super heros. All of which possess powers I don't see myself ever being able to attain. The beauty of Fighting Fit is that those super heros probably wouldn't agree. Having people believe in you is probably one of the most positive things you can have happen to you. I find that because of that, I have a duty while I'm there to try and better myself, make it all about working on me, and then being able to forget about everything else. You can't just waltz about letting super heros down, can you?

Fighting Fit helped me turn my life around. I've learned more respect for the people around me and, importantly, myself. The staff are always on hand to help and are very courteous to any and every member. I'm significantly more happy and confident than I was before joining. Also, I had to put that I heard of FF with a Google search as it wouldn't let me continue without checking a box. I actually learned about FF on Facebook.

Improved self confidence as well as physical fitness

I'm really grateful for the environment in the gym. I've gone from couch potato to being slightly athletic and my mental and physical well-being is far better for it. It's a really friendly environment and I regularly recommend it to people. A cage for the MMA class would be a cool addition and if someone could force me to lift weights I'd really appreciate it!

Love you guys x

Love your work - super welcoming gym. Really love the dedication and compassion of the two boxing coaches. My answers reflect the short time I've been at the gym, not the gym's superpowers ;)

It is my son, Joe, who attends and he loves attending the club. Everyone is so welcoming and he enjoys being part of the community. He works hard because he is encouraged to try hard and he is always being encouraged to push himself further.

Thank you! I love the gym and feeling part of its family. It's completely changed my life for the better, both physically and mentally.

I have a lot of stress from uni and studies, boxing is my getaway, it reduces my stress

Nope, just keep up the amazing work. Morning grappling classes might be nice... but appreciate there is a busy schedule already!

I hate training in gyms. I get super self-conscious, people are judging me. I don't feel like that at FF. I'm encouraged by the coaches, the banter and general friendliness of the others in the class. It's the best way to train and I look forward to every session.

Great facility, the staff are very talented kind people.

Made me feel, look and act better. Helped me make friends with people that I wouldn't have met before. Helped me care less about what others think of how I look, and allowed me to achieve goals, however small.

You guys are all doing an amazing job. The dedication is inspiring and keeps me coming back. Just please ban EDM during workouts!! Love ya's.

I had no idea that Fighting Fit was not for profit or involved in helping people with mental health issues. I have recently joined and have suffered from depression most of my life and it makes me feel better knowing that I might not have to hide that fact from the staff at the gym as they might understand. I do feel the exercise and structure of attending 3 times a week has helped me also as it has given me less time to think after work when I am so focused on learning BJJ.

Fighting Fit makes me feel welcome and I feel like the staff and my classmates are supportive of each other. It's a great environment to train in and I feel that the more I go, the less anxiety I feel. I still have issues but I continue to walk through that door because of the quality of classes, teachers, support and the welcoming atmosphere.

Fighting Fit has genuinely transformed my mental wellbeing, as well as significantly improving my physical health. The team probably be a bit more savvy about organising social events. Which isn't really an 'improvement', it's just a shame that people don't always engage with them when work has been put in.

keeps me motivated!

In response to member feedback, we have:

Improved showering and toilet facilities, improved counter and snack facilities.

Added mobility session to the timetable

Defined and relaunched training programmes to make them more effective

Clarified and improved communication with members

As always, we are striving to be better.

“I believe strongly in two things: education to provide aspiration and social mobility, and the power of activity to improve physical and emotional strength and well-being.”