



**GYM for
HEROES**
Heroes helping each other

I have started to raise a bit of money, but hoping to get a lot more, as for some reason I have decided to go for the 12 hour challenge (on that - are we allowed toilet breaks? - 12 hours could be a challenge haha).

Anyway my story may be of some interest to you as I am a serving soldier in the T.A. and in 2006 served in Iraq alongside members of 40 Regt Low Land Gunners, on my safe return my lifestyle turned into a bit of a celebration with lots of beer, kebabs and no exercise.



Now I have never been super fit but it wasn't till I was Mobilised in 2008 to go to Afghan that I realised how unfit I was, weighing in at 21 stone for my medical, and taking 15 mins to complete my PFT, needless to say I did not pass and was RTU'd.

This was a massive humiliation and I also felt that I had let down the guys I was going to serve with, so at this point I decided enough was enough, I joined DW Sports Fitness where I am taking part in the Gym 4 Heroes and also was dragged along to my local Rosemary Conley Class which now I thoroughly enjoy and thanks to the diet Rosemary Conley class provided, has now slimmed me down to 13.7 Stone - the lightest I have ever been and feel great.

I was awarded Male Slimmer Of The Year for Rosemary Conley and have done many newspaper and magazine shoots as well as a couple of Radio and TV appearances (I feel like a star).

The reason I am doing this challenge other than to raise money for such an excellent cause, is to remember the friends I have lost and for those I let down in 2008.

Ross Hatfield 1.7.2010





<http://www.bmycharity.com/v2/gymforheroes>
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<http://www.gymforheroes.co.uk>
<http://www.twitter.com/gymforheroes>
<http://www.justgiving.com/Gym-for-Heroes-2010>

