



I saw the group on Facebook, Gym for Heroes. My initial curiosity was to find out what this group was about. Would it be fun? Could I find training partners?

Once I had joined the group, I saw there was a military connection. I am an ex Royals Signals soldier, served 15 years, regular service and 9 years Territorial service.

If I am honest, I was in a poor shape physically, having put on a substantial amount of weight, since I had left the Army. I did not train on a regular basis - my only sport was the odd game of 5 a side football. I was in bad shape, through laziness and choice.

Seeing some of the guys injured in Afghanistan, and what effort they put in to get themselves back to fitness, inspired me to do the same. I was 19 stones, give or take a few pounds, very unfit and needing to get myself "squared away".

On seeing what the challenge was all about, and the cause it was raising money for, I committed myself to the individual challenge. A 1 hour row, 1 hour cycle and 1 hour treadmill. On starting the training for Gym for Heroes,

I have worked very hard and have achieved some superb personal goals, in training for this challenge. I have already completed a practice 45 minute run through, and felt strong and fit.

Whilst the motivation can only really come from within, the fact that I am raising money for Help the Heroes has helped me greatly, at times, when it would have been easy not to go to the gym, because I was tired or I wanted an easier option.

I will wholeheartedly support this cause for many years to come, and look forward to the 2011 challenge, where I aim to beat the distances, I will attain, during 2010.

Martin Garner

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<http://www.bmycharity.com/v2/gymforheroes>  
[enquiries@gymforheroes.co.uk](mailto:enquiries@gymforheroes.co.uk)  
<http://www.gymforheroes.co.uk>  
<http://www.twitter.com/gymforheroes>  
<http://www.justgiving.com/Gym-for-Heroes-2010>

