

Health Club Social Media Update

We hope you are all keeping well and are staying as active as possible in these challenging times.

Action Heart is excited to announce the launch of our NEW **Facebook** group '**Inside Action Heart**'. This group has been set up to complement the fantastic social atmosphere we have in our club and dearly miss due to our 'temporary' closure due to the COVID-19 pandemic.

The Facebook group will be accessible for all current health club users and will provide a really helpful platform for Action Heart to share club news, provide advice and celebrate success stories that we so often see through our health club community. 'Inside Action Heart' is also a way we can say THANK YOU for all of the past and continued support you have provided us with. During this pause, this new facility will provide another valuable communication channel between Action Heart and our valued users. If you don't have access to Facebook, we will continue to provide regular health club updates here at www.actionheart.com

'Inside Action Heart' will be updated on a regular basis and will follow specific topics, including exercise information posts, technique videos, user polls, staff news, fundraising information and even healthy eating recipes!!

In order to access 'Inside Action Heart', please search for this group name on the Facebook search browser and select 'join group'. A request will then be sent to our social media administrators to approve. Once approved, (within 3 working days) you will have full access to the group and can start enjoying all of the content free of charge. Public comments on posts have been disabled but if you would like to discuss any posts in more detail or have any other questions, please email us on davidp@actionheart.com.

We are very much looking forward to opening our doors again and seeing you all smiling and working hard, as soon as possible. For now, welcome to '**Inside Action Heart**'.

Healthy regards,

Action Heart.

Fellow group members' names will be visible from our page as it is a feature of Facebook groups but as a 'closed' group, only current health club users will be accepted. This will be screened on a regular basis. You are entitled to leave the group at any stage without notice to Action Heart.