

# Nuffield Health Fitness & Wellbeing Launch Summer Fit

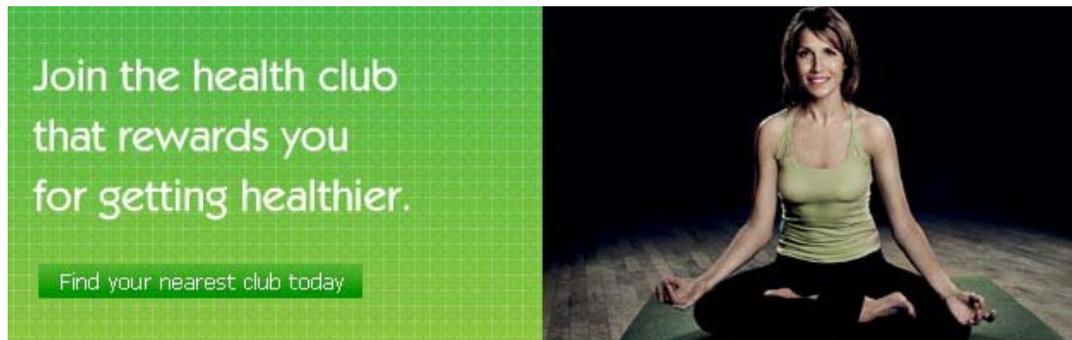


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Nuffield Health Fitness & Wellbeing has launched its new short term 'Summer Fit' memberships in its health clubs across the UK, to help Britain get healthy and into shape for the summer.



These 'Summer Fit' [short term memberships](#) are available for four or six weeks, depending on the centre and allow members full access to their centre's facilities which include a fully equipped and modern gym, swimming pool, and fitness classes including pilates, yoga, spinning, aerobics and aqua, all for a one-off fee. In addition members will also receive a free [health MOT](#) and a personalised action plan. The Health MOT is a 60 minute assessment that measures, among other things, the member's blood pressure, body mass index, aerobic fitness, glucose and cholesterol levels. The member's personalised exercise and health action plan is then drawn up based on these results to help them get the most out of their [Summer Fit membership](#).

Nuffield Health Fitness & Wellbeing are offering everyone the chance to visit one of the 49 participating centres and allowing them one free visit which gives them access to all Nuffield Health facilities including the chance to unwind in the sauna, or try one of their extensive range of classes available.

Nuffield Health Fitness & Wellbeing also hold free '[Meet our Experts](#)' themed events at each of its centres. Each month brings together a different mix of experts who focus on a particular area of health and wellbeing such as nutrition, stress, back care, weight management and hydration to give members an opportunity to further learn how to improve and manage their health.

**About Nuffield Health:**  
Nuffield Health is the UK's largest healthcare charity, helping people to get healthy and stay healthy, identify and manage their individual health risks, and provide sophisticated diagnosis and treatment when problems do occur. Nuffield Health provides services that are tailored to each individual.

Nuffield Health is independent of government and has no shareholders so it can plan for the long-term, reinvesting all financial surplus for the benefit of its customers. Nuffield Health purchased Cannons Health & Fitness in November 2007 and rebranded soon after to Nuffield Health Fitness & Wellbeing Centres. As a charity, its success is defined by its ability to improve people's health.

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