



// A Network of Healthy Living

6 October 2008 A team of personal trainers and gym designers has used their experience in healthy living to support Breast Cancer Care and help local business.

Motive8, a UK company based in Hampton Hill, sponsored the 'End of Summer' event, held at the beautiful venue of Warren House in Kingston.

Approximately 80 people attended the event at which over £500.00 was raised for Breast Cancer Care. Guests were able to talk to Motive8's Health & Fitness experts and enjoy a delicious healthy lunch.

"Motive8 sponsored this event," commented the Director, Nick Sadler, "in order to help an excellent charity and enable guests to gain a better understanding of the importance of health and fitness in their daily lives."

The lucky winner of the business card draw won a free massage or pair of trainers, donated by Motive8!

For more information on how Motive8 can help you gain a healthier lifestyle T: 0800 028 0198

- Ends -

Note to Editors - **motive8** is a health and fitness solutions company based in Hampton Hill, specialising in residential and commercial gym design, personal training and school sports provision. Established in 1998, it has progressed to become one of the market's leading health and fitness providers. Call 0800 028 0198, visit www.m8group.net or email info@m8group.net for further details.