



QMC FITNESS SESSIONS ARE A BREATH OF FRESH AIR FOR STAFF

SALSA dancers are getting in a spin about new fitness classes at a Nottingham hospital.

Staff at the Queen's Medical Centre have been queuing to take part in various keep-fit sessions.

The scheme started earlier this year and has proved so popular that more classes are being added to meet the demand.

It was given a £300,000 boost by Active

England — an investment programme from Big Lottery Fund and Sport England.

Dr Sandra Lee, project manager, said: "The Q-Active scheme has brought something really positive to the hospital.

"People are really enjoying using the room and there's a buzz around it.

"I hope we can become a blueprint for every NHS Trust in the country. Happy and

healthy staff mean better patient care and that's what we're aiming for."

The scheme is being rolled out to the City Hospital campus in July.

Tracey Shipstone (right) takes a class through some salsa steps.

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