



motive8 completes gym installation at Richmond College

Gym facilities improved to meet needs of students, staff and community members

London, 6 September 2012 – [motive8](#), the UK's leading health and fitness consultancy specialising in [gym and spa design](#) and [fitness training](#), is pleased to announce that it recently completed upgrading the gym facilities at Richmond upon Thames College in Twickenham, Middlesex.

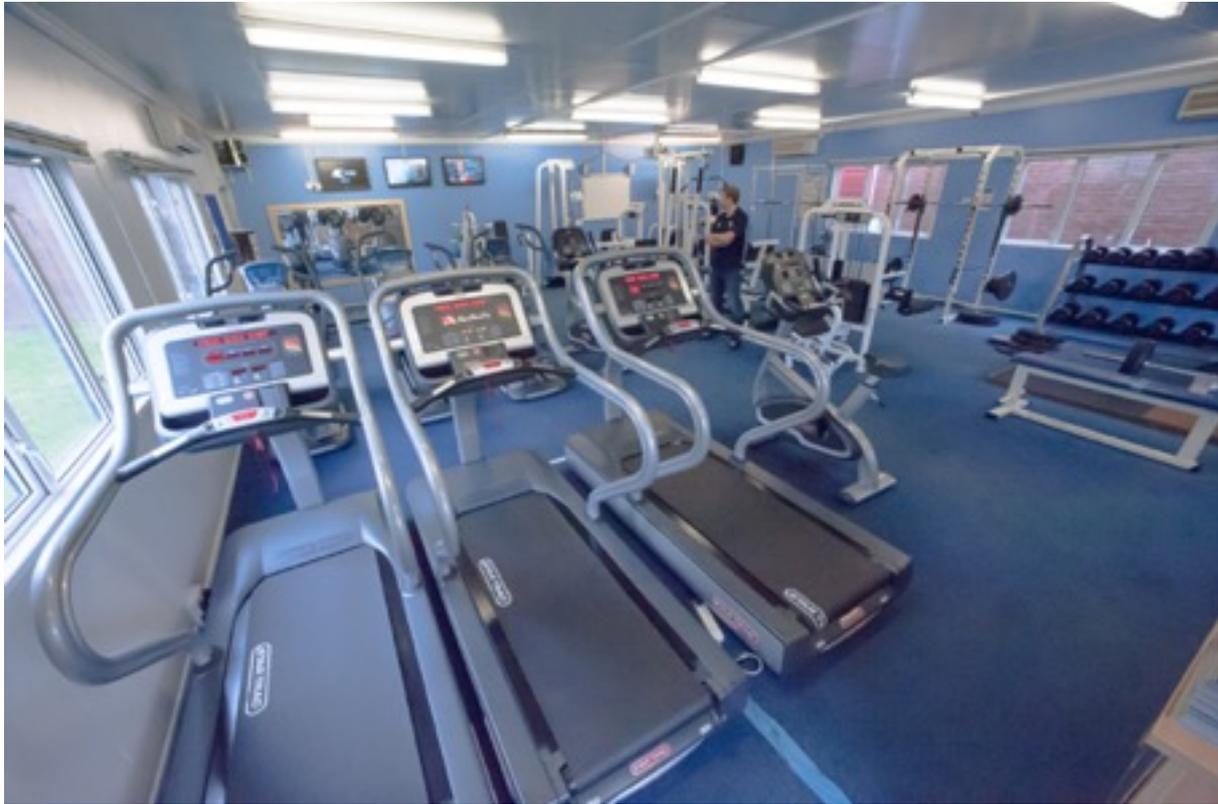
The college, which offers A and AS level and vocational subjects to 16-19 year olds and occupational courses to adults from its single site in Twickenham has an on-site sports field, large sports hall and a gym. Thanks to motive8's existing relationship with the college – providing after-school recreational sports clubs at the sports hall and field – Richmond College was keen to work with motive8 to improve its existing gym facilities to meet the needs of the students, staff and local community members who use it. The gym is also used regularly by the sports, fitness and leisure courses taught at the college. The existing kit was old and worn out and Richmond College was keen to attract new members with new kit and layout.

motive8 was asked to look at the free weight and cardio areas of the gym. Taking into account the number of members, motive8 expanded the cardiovascular equipment, adding three Star Trac treadmills, two upright bikes and two additional Octane Fitness cross trainers, which sit alongside the existing unit. Cardio theatre has also been installed to enable users to watch one of the three large, wall-mounted, flat screen TVs whilst they work out, and in the free weights area, motive8 has installed two sets of dumbbells; a chrome set of 1-10kg on an A-rack, and a rubber set of 12-30kg on a 3-tier rack, along with free weight bench free of charge.

Research has shown that exercise substantially improves students' academic performance, memory, and behaviour in schools. Fitter pupils display increased learning throughout their school life, in both literacy and numeracy, as well as developing better attitudes and behaviour. It also teaches pupils how to monitor their own health and fitness; learn healthier habits, skills and a sense of fun; develop a preference for 'moving' over a sedentary lifestyle and ultimately, enabling them to lead a longer, happier life.

Mark Brough, Richmond College's Sports Centre Manager, commented, "We're really proud of the fitness facilities that we provide for students, staff and the local community. Working with motive8 enabled us to improve the gym to provide a better facility and experience for our growing numbers of members. motive8 understood what we needed and how to make the most efficient use of the space and the budget. They worked with us every step of the way to create the best possible on-site and community facility."

Nick Sadler, MD at motive8, added, "Working with Richmond College was a great experience. We're excited to see the development that's taking place in the education sector, as schools come to realize that adding a gym means happier, more motivated pupils. motive8 is able to provide schools with the right equipment, management expertise and fitness programmes to ensure students and staff get the most out of their gym, and we're looking forward to working on more projects like this in the future."



Richmond College's upgraded gym

Ends

About motive8

motive8 is the market leader in residential gym and spa design, equipment supply and installation. Started in 1998, motive8 has fitted over 100 facilities nationwide, including home gyms, spa facilities, private training studios, corporate facilities and large fully-staffed residential sites. motive8 provides maintenance to gyms and has contracts with over 80 facilities. motive8 has two private studios, in London and Leeds, offering small classes, personal training and buddy sessions. motive8 also provides curricular and extra-curricular sports programmes for schools and children's coaching and parties.

For more information, please visit: <http://www.m8group.co.uk/>

For more information, high resolution images or interviews, please contact Kate Gordon, kate@aspiremarketingltd.com or 07980 921961.