

# Hinckley bids to topple world record

Hinckley's National Grid and Romans Leisure Spa team up for world record bid

17 Sep 2015

- Health drive sees National Grid employees staff exercise at their desks
- Business as usual in hands-free work-out

There was sitting room only at National Grid Hinckley as hundreds of employees attempted to smash a Guinness World Record for fitness – without even leaving their chairs.

Some 800 National Grid Hinckley employees teamed up with Romans Leisure Spa team at Sketchley Grange Hotel in a bid to beat the world record for the most number of people exercising while sitting down. The record attempt was timed to coincide with National Fitness day on 9 September.

The record attempt is part of a drive to encourage staff to stay healthy and take care of themselves, whilst also celebrating National Fitness Day.

At 2:55pm, staff across the Brick Kiln Street site began their sit-down five-minute work-out, led by instructors and video screen demonstrations. Those who needed to man the phones did the leg exercises, leaving their hands free to take calls.

The record-breaking bid was carried out under the watchful eye of adjudicators from Romans Leisure Spa, Sketchley Grange Hotel and other local businesses. Independent verifiers PC Barry Miller, beat officer for Hinckley, and Jackie Saunt, Neighbourhood Watch Development officer for West Hinckley, were on hand to ensure all was above board.

The world record bid was the brainchild of Romans' Andy Rudkin. He and National Grid's Leanne Thomasson have been organising the event. Now they face a nail-biting wait to see if their bid has been successful.

Leanne explained: "It seemed to go well. It would be great if have smashed the world record but what's really important is we're showing people more ways to stay fit and healthy.

"People often worry that they won't have time to keep fit but we wanted to show that you can exercise anywhere – even at your desk. We thought this would be a fun way to encourage everyone to give it a go."

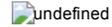
Romans Leisure Manager Andy said: "At Romans we like to do crazy things to showcase fitness and the benefits behind it; but this is certainly our most optimistic yet. The team at National Grid have been brilliant in helping to organise it and now we cannot wait to get our names in the World Records. It will also be nice to get a full

night's sleep as the build-up has been a stressful, yet positive, one."

Everyone taking part had to sign a form and the bid was filmed to provide evidence to the Guinness Book of Records.

The current record is held by Westminster Village in Indiana, America. Last year 481 people exercised while sitting down in the village square.

This year is also the 60th anniversary of the Guinness Book of Records – which is itself a record; it's the world's best-selling annual.



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