

Aleksandra Mazur  
6 Rosedale  
DN17 2TN  
Scunthorpe  
05.11.2020

Rebecca Harris - WellFit  
7 Well Street  
DN17 3RT  
Messingham

Dear Rebecca Harris - WellFit,

It is my pleasure to write this letter to express my full support for your business.

We have known each other for over 5 years from other CrossFit venues, where we used to train together.

After having my little girl and leaving the last gym, I could not convince myself to come back into training. However, when we met randomly one day and you told me about your gym, I knew right then that I found a light at the end of the tunnel for me.

From the day one, you explained to me that parking on Well Street was very difficult for neighbours, therefore it was encouraged to car share with the other members/friends and utilize the space outside your house or in the carpark in Village Hall.

During March lockdown, WellFit allowed me to keep my mind clear and stay on track with my fitness and also focus on my eating habits. There was never a time when you could not support me or answer my questions when in doubt. Your timely support through programming prepared for us each week was crucial and made a huge difference in my overall wellbeing.

WellFit is not only about training but about our little ladies community – our little family, where we all are here for each other at all times. We all benefit from it.

I really hope that after current lockdown we are going to be able to get together again. Thank you very much for all your efforts to create and run such a wonderful business.

Best Wishes,

Aleksandra Mazur

Rebecca Harris - WellFit

05.11.2020

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I would like to say a big thank you to Bex and wellfit  
I wouldn't of go though lock down with out the help from Bex at wellfit  
She rang me for a work out every day  
And gave me support when I needed it..  
I am so grateful To Bex and wellfit and to all that attend Everyone is so supportive .. and all support  
all  
In these strange times it's the support we all need  
Bex it's so kind and always willin to help if she can  
Goin to wellfit It's well equipped for a intense work out or easier  
We all have a laugh there is such a good atmosphere and leaving feeling happy

Love from amanda

Xx

To whom it may concern.

My name is Audrey Harris, I am 56 years old and have lived in Messingham for approx 36yrs. I am Rebecca Harris's sister in law.

I have been using gyms in and around Scunthorpe for many years. When the pandemic hit I did not feel as safe in the larger gyms. People arriving from all over the area and classes were larger than I would have liked.

This is where WellFit in the village was ideal, local gym run by a local woman for local women. Small classes, workouts designed for the relevant age and physical abilities of the ladies concerned.

A number of ladies in the WellFit group set up a little running group, we would run round the village, people got to recognise us and would encourage us, to the same end we would see elderly or vulnerable people in their gardens or porches waving to us, when we did not see them regularly we would make enquiries almost like a neighbourhood watch.

It proves to me that having a local gym used by local women is beneficial to the area, not just from a physical point of view but also from a village life perspective.

Audrey Harris

Hi Bex

It's such a shame we can't come to a crossfit session due to our new tier status.

I really believe that without crossfit I would never have had the strength or energy to take up running again after so many years. And here I am doing 5k runs like they're going out of fashion and a 10k every 4 weeks. You know how I used to moan about a 200m run in the warm ups!

Aside from the fitness aspect, I have already said about the mental wellbeing impact. Since we came out of total lockdown, coming to Wellfit twice a week has been the only place I have been other than the supermarket. I'm home on my own all day as I have been home working since March. Whilst I'm lucky to have kept on working it's quite isolating so seeing a different 4 walls has been really really important to me.

I'm almost 57 years old, when I was almost 56 I started coming to you, overweight, unfit and probably generally unhealthy. I'm now 21lbs lighter, down 2 sizes in my clothes and way stronger than I have been in years.

Let's hope that you can get your license Bex and we can get back in that 'box' and get even fitter and stronger! Roll on 58 years! I'm ready for you!

Bridge x

Bridget Gravel,  
14 Knightsbridge Road,  
Messingham

To whom it may concern,

I've known Rebecca for over a year. I got to know her through another friend of mine.

Well fit gym is such a great place to be. Not only does it keep me fit but it also has the benefits of helping with my mental health. I've struggled, like many people in the past and right now with my mental health. Knowing that I can go and work out helps me to maintain my mental health and well being. I feel that the help and advice that Rebecca gives is a massive help to my mental health and I know that others feel the same way.

Well fit not only helps people like myself but I feel that it offers a lot to the community of Messingham with some of the locals in the village attending Well fit.

Regards

Clair Welch

Diane Lings  
11 Woodpecker Way  
Kirton in Lindsey  
Gainsborough  
Lincolnshire  
DN21 4FD

To whom it may concern

I write this letter in support of my friend, Rebecca Harris and her application to convert her home gym into a business. Her skills, experience and kindness in supporting me in my well-being in recent months has been overwhelming. Without going into too much detail, I have a busy life and have had a high degree of stress to deal with in recent years. I am a Probation Officer which brings its own degree of stress, I'm a mother of 2 young children, have experienced personal difficulties and have had caring responsibilities for my father until his death this year. Without the benefit of working out with Becks I'm not sure how I would have survived the last 12 months. Not only have her skills and expertise in exercise and fitness supported my development physically, but her caring, kindness and genuine desire to support her friends has been paramount in helping me to manage my emotional well-being.

Prior to working out with Becks in her home gym I joined the local CrossFit gym in Scunthorpe where she was coaching. Whilst I was keen to learn about the sport and help develop my fitness, I found the set up too overwhelming for me. I was suffering with anxiety at the time and would spend the entire morning feeling sick prior to the session. Since taking the pressure off myself to do well, move away from the busy environment a large gym can create and working out casually, this anxiety has all but diminished. I feel like I have "the bug" for exercise and can't wait to workout all the time. Having the support from Becks has proven invaluable for my mental health, particularly during the covid-19 pandemic. Even during lockdown when we couldn't work out together, she would send me home workouts to do which quite frankly kept me sane whilst juggling all of life's difficulties. During this time many of my friends were struggling too. Prior to lockdown they had commented on how well I was looking and so I told them how supportive and helpful Becks had been for me. My friends were struggling with a variety of issues from excess weight, depression and stress and so I asked Becks if she would consider helping them too. This contributed to the idea of converting the home gym into a business. The gym is such an amazing supportive space it should be shared with everyone! I genuinely believe the local community of Messingham and the surrounding villages are in desperate need for such a positive, inspiring individual like Becks and her gym to help promote and maintain an individual's fitness and emotional well-being. Given the current climate it is more important than ever that people (including professionals working on the "front line") are able to have time and space to work on themselves. Not only would this gym provide them the opportunity to workout in a safe, convenient environment, it would more importantly give them the correct support towards their well-being, not just from Becks as the owner and coach, but from the community that Wellfit could bring them.

Becks is a truly inspirational women that I have the pleasure of calling my friend, and I look forward to supporting her in this endeavour.

If you require any further information, please do not hesitate to contact me.

Kind regards,

Diane Lings

**Emma Fish**

**12 Pembroke Avenue, Bottesford, Scunthorpe, DN16 3LN**

**Tel: [REDACTED]**

**Age: [REDACTED]**

**Job: Marketing Manager**

***Becks is a friend who I met a few years ago when we both attended the same Cross Fit gym. I started attending the WellFit sessions last Christmas when I was back home from London and have recently relocated back to the area since the start of COVID. Since the gym re-opened in July it has been paramount in helping with both my mental and physical wellbeing. I am now working from home permanently which means many hours sat in isolation in front of a computer screen. Wellfit has given me a reason to take a break from the day to day and enjoy getting fit and active whilst also socialising and meeting new friends.***

To whom it may concern

My name is Gillian Johnston and I am the sister-in-law of Rebecca Harris. I would like to offer my motivation behind my membership to WellFit, the gym run by Rebecca.

I have been a member for around 2 months now and use it 3 times per week. I like the atmosphere of the sessions and find the intimate, all female membership, comforting. I have been a member of a couple of other gyms in the past however did not find the same level of support, reassurance and camaraderie as I do here.

My elderly parents live in village and I normally visit them after going to the gym. I have been asked by Rebecca to avoid parking on Well street due to the narrow road therefore I park outside my parents' house on the High street and walk to the gym. If this gym was not in the location it is then I suspect visits to my parents may be less frequent.

Regards

Gillian Johnston

Joanne Button  
3 Danby Road  
Messingham  
DN17 3TH

Dear Sir/Madam

I am writing in support of planning application Ref PP-09142842

I have known Rebecca many years as she has been a client of mine and we trained together at Crossfit before I started training with her in her garage with my sister.

I also have a business in vicinity of the site on which the development is proposed for the last 7 years and I can't think of anything better than a gym which concentrates on health and wellbeing been added to the many successful businesses that reside on the High Street and surrounding areas.

I wish to support the aforementioned application because through this unfortunate pandemic Rebecca has not only been able to keep me and my sister fit and healthy whether it be online because of many lockdowns or when we were able to visit the Garage under extremely strict regulations she has also kept us going with positive messages and organising a group of ladies to chat to when we were all feeling very alone.

Added to her amazing talents her cleanliness and rules she put in place when we were allowed to visit the garage were remarkable, nothing was missed and I have never felt safer in and environment, being a business women I know how hard it is to run a business in this climate of Covid and she took it in her stride, my sister has an extremely venerable partner at home and she also works for the public health and she felt more than safe to train under Rebecca's guidance and with the stresses of her job it has helped her in so many ways to keep going through this awful time we are all having to endure.

Kind Regards

Joanne Button

Julie Amlani  
23 Windmill Way  
Kirton Lindsey  
Gainsborough  
Lincolnshire  
DN21 4FE

20<sup>th</sup> October 2020

To whom it may concern;

In August my friend recommended 'Wellfit' gym to me. I have recovered from breast cancer and wanted to start and make a change to my lifestyle by exercising more. Although I have tried large gyms in the past I have always found them intimidating and have never enjoyed going. Wellfit appealed to me as sessions were in small, women only groups. Having gone through major surgery and suffering with body confidence this was something that appealed to me.

Although I have only been attending for 6 weeks, I have found my personal confidence and fitness has already increased significantly. Not only this my mental health has improved also. My mental health, like many people during this time, has been affected significantly so to have this improve in such a short space of time has been an added benefit.

As a senior nurse in a GP practice, I have been able to encourage my patients about the benefits of exercise and actually have confidence in what I am saying.

Without being able to attend at least 3 sessions a week at this gym I feel I would suffer dramatically, not only in confidence and well being but physically too. I'm a 41 year old woman, with young children, who has been through so much already, I plan to keep on exercising and lifestyle change, but feel I could only do this with the aid of Becky at 'Wellfit'

Julie Amlani.

Dear Sir/Madam,

I initially joined WellFit a year ago to kick start my fitness regime for me to become a Police Officer. Our sons played together in their younger years so I know Becks from those early days but both my Aunties came and both enjoy WellFit too.

I was enrolled at a local gym, but I particularly favour WellFit for gym purely for the ease that it is local, the gym that Rebecca had set up in her garage which was very professional and felt extremely safe. This was the best move I could have made as Rebecca's professionalism is absolutely above and beyond and her knowledge and training she provided for me was absolutely fantastic and I found it a huge benefit for me.

I continued to attend, then unfortunately I became seriously ill with covid and was extremely poorly for 13 weeks and was in hospital so I did miss some, but during the lockdown Rebecca closed the gym but she sent us all home fun work out and the support was there and it was extremely useful.

During the lockdown Rebecca worked extremely hard to convert her garage to the amazing gym it is today.

When I started to get better Rebecca was there for me and kept in constant contact with me and gave me tips and advice which was amazing and helped me to recover from my illness.

I have just returned back to the gym and after successfully starting my police training. I really don't think through my fitness I would have done it if it wasn't for Rebecca!

What I have found since returning is the gym is absolutely amazing, the set up with the equipment is fantastic and the work that she puts into putting the CrossFit sessions together is exemplary.

The most important of all I feel safe with all the covid restrictions and Rebecca is taking every precaution necessary. Where we have to wipe our feet in some chemical as we enter and wipe our feet on the mat. We then have a bucket each which is wiped and sanitised to place our coats and water bottles etc, the equipment is all wiped down and we all adhere to the social distancing. Which Rebecca takes very seriously as we do to, every item is also swiped and sanitised at the end of the session to.

I would not go if I did not feel safe and I do, in the current climate, Rebecca is maintaining a very high standard.

Overall the CrossFit session has improved my fitness, my wellbeing and my mental health and it has been a factor in my fitness for me becoming a police officer. Without this gym I would not ever get to experience what Rebecca offers and what she does and that speaks volumes.

Rebecca is very serious and very considerate and you see the passion she has and that shows in her building and her work and what she does for me and everyone. She has built this gym herself and she does not advertise it. I was recommended this by a family member and again this speaks volumes.

A fantastic service, gym and fantastic instructor.

Kind Regards  
Keeley Burrows

After receiving cancer treatment and being in remission, my breast care nurse advised me that regular exercise and a healthy diet would help in preventing the cancer from returning.

Not long after, I started going to CrossFit Scunthorpe gym. I loved the variety of exercise and the community feel that the gym offered. It was also here that I first met Bex. As a beginner she was supportive and would encourage me during workouts. We would often work in a pair or part of a team together and would also work out in each others garden.

Since Bex has opened her own gym at her home I have enjoyed going to the gym even more. As someone who can only attend a few times a week I found at the other gym coaches would not always be willing to give me the same level of coaching as other athletes. With Bex it is the complete opposite. The sessions are programmed so that everybody gets a full workout.

This year has been difficult for everyone but Bex has provided online workouts throughout lockdown. When the gym was able to re open the covid prevention measures allowed me to continue my workouts in a safe environment. As someone who is a key worker I have found this has helped my mental health.

WellFit gym is an amazing gym that has great facilities which are provided in a safe environment. The community feel and the friends I have made have helped me so much. I couldn't recommend this gym enough.

Lynsey McClellan

Miss D Dixon

57 Axholme Drive

Epworth

Doncaster

DN9 1EL

01/11/2020

To whom it may concern,

I am writing this letter in support of WellFit, I have known Becks in a professional and personal capacity for a few years, initially through Crossfit. I have had the benefit of being coached by Becks and have been training with her and a group of friends in her garage for the last couple of years.

I have previously suffered with depression so I exercise to keep my mind healthy. Training with Becks and the ladies has, at times, been nothing short of lifesaving to me. Becks is professional, extremely knowledgeable and dedicated to coaching. Not just training but as a whole wellbeing experience.

During COVID being able to workout at WellFit has helped me cope giving me an outlet, keeping my mind and body active and healthy and giving me support when it's been needed.

Yours faithfully

Dawn

Mrs Emma Sampson

33 Windmill Way  
Kirton Lindsey  
Gainsborough  
DN21 4FE

22 October 2020

To whom it may concern,

I was first introduced to Wellfit through a friend and I have been attending for about 14 Months now.

My fitness levels have rapidly improved and exercise has significantly helped my mental health and well-being, subsequently making me gain confidence and feel good about myself again. I am 38 years of age with two young children and have a full-time job as a secretary.

Wellfit is a great place to work out and escape to. A clean, safe, friendly environment, close to home. Not to mention the lovely Bex, so inspiring, she has motivated me so much, she always listens and is there to offer advice and adapts things to suit your needs, she is an amazing lady.

In these unprecedented times, being a member of Wellfit has really helped me on so many levels and helped stay focused.

Yours faithfully

Emma Sampson

To whom it may concern,

I am now 69 years young was advised years ago by the doctor of the importance of exercise, not only for fitness and strength of the body but for one's mental well being.

Taking this advise I have always done some exercise in one form or another. I have been lucky enough work along side my daughter in their lounge watching videos and practice aerobics and yoga. Then progressing from the lounge into the garage using a treadmill, rowing machine that they bought, years ago I even used my grandsons trampoline, I felt better in myself somehow, and especially in todays current situation. Thanks to my son- in-law and daughters hard work and generosity allowing me to use the gym equipment throughout this pandemic as been a life line.

From Saturday, and for our own safety North Lincolnshire are moving into a higher tier, regretfully we're not able to visit the family or use the gym, these will be sorely missed.

With kind regards

Mrs D Leaper.

Hi Bex,

When my sister suggested I come along with her to do some cross fit in a garage with her, I was hesitant to say the least. However, it proved to be a great move for me. After joining you and my sister for a couple of sessions, two significant things happened in my life. I retired from work and my eldest sister passed away. Both happening as the country went into lockdown.

As someone who already suffers from depression, I know my mental health benefits from exercise. When we went into lockdown so soon after my retirement and with my sister being ill, my motivation to exercise was very low. Then up you popped on Zoom and took me and my younger sister through some great exercise routines which kept us both going throughout lockdown. You helped us both through a very difficult period, keeping us motivated and our spirits up. I am in no doubt that without your zoom sessions, my mental health would have suffered.

Once restrictions were lifted and we were able to come to you in person, I jumped at the chance and haven't looked back. Both my physical and mental well-being are the best they have been for years. To have somewhere small, friendly, professional and local to come to is fantastic because as mature lady, I am not confident enough to go into a big gym.

Thanks for welcoming me into your cross fit family.

Dear Wellfit

Thank you for giving me the opportunity to write.

Becky and I grew up together but in adult years had lost contact, I then heard through a friend that becky had been helping her go through a rough patch with the form of exercise and advice for well being. I made contact with Becky and asked if she could help me as my father had been diagnosed with terminal cancer and my sister had breast cancer and I was struggling mentally.

I met with Becky back in early Feb and from the first session the impact was phenomenal. I continued to attend three times a week and the physically and mental benefits really helped me out a mental hole I didn't think I've get out of.

Lockdown then happened and back down I went. I really felt there was no light at the end and then my dad passed away in May.

Once restrictions were lifted in the summer I attended regularly once again and the positive effects were instant. I've tried many many exercise classes and been members of many gyms over the years and this is like nothing else. The support network is something I've never had and my fitness levels are at a level I've never had. However, the most important thing is my mental wellbeing, its an escape for me from the struggles of personal loss as well as covid restrictions.

I cannot imagine not being part of the wellbeing community now.

Thanks

Sarah