

OPS GROUP LTD LAUNCHES UNIQUE OFFSHORE FITNESS PROGRAMME



"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." It is on this premise that **Ocean Fitness** developed a new concept in offshore fitness.



Ocean Fitness has been conceived in association with OPS Group Ltd and offers tailored fitness programs that are both fun *and* guarantee to improve the health, fitness, morale and, in turn, the productivity of personnel who take part, irrespective of their job title or gender.

Ocean Fitness promotes a fitter, healthier outlook within the offshore workforce through the delivery of world leading, licensed exercise programs. These programs, for individuals and groups, cater for of all levels of fitness from complete novices through to super-fit individuals.

The range of programs has been developed to guarantee real results, fast. According to Ross Murdoch, Managing Director of **Ocean Fitness**, the key to the success lies in the motivation involved in the tailor-made programs offered and the benefits of this motivation.

Ross has been in the leisure industry for 14 years and as a qualified Instructor specialises in many fields including Circuit Training, Spinning™ and Bodypump™ – all of which are incorporated into the **Ocean Fitness** programs.

Bodypump™ and Spinning™ are registered trademark brands and the high energy sessions combine strength and endurance. The aim is to tone, condition and improve overall strength with exercises that can easily be recreated during individual gym time.

Ocean Fitness also provides a range of health checks, one-to-one gym-based programmes and group circuit training. Clients can choose whichever services they feel would be most beneficial and **Ocean Fitness** can create a bespoke fitness program based on these services. Equipment is also provided.

"Now we are ready to send our fully qualified instructors to offshore installations with all the necessary equipment required to deliver these programs on any installation" says Steve Pryor, Managing Director of OPS Group Ltd, which brings expertise and knowledge of the offshore business to the enterprise.

The **Ocean Fitness** program is the ideal springboard to a fitter lifestyle and is perfect for beginners. For the more seasoned exerciser, the **Ocean Fitness** approach offers a way to discover a more enjoyable way to preserve and further improve personal wellbeing.

Ross says "The greater your energy levels, the more efficient you *and* your staff become. The more efficient you become, the better you feel and the more likely you are to utilise your skills to their full potential and **produce outstanding results**. We know our programme is effective and by providing our statistical analysis we can prove it!"

For more information or to organise an introductory session, please contact Ross Murdoch on +44 (0)1224 719120 or visit www.oceanfitnessops.com.

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