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## 105-year-old Anytime Fitness member shares birthday with Shrewsbury's club

Centenarian marathon runner Fauja Singh BEM shared his 105<sup>th</sup> birthday this month with Anytime Fitness Shrewsbury, which celebrated its first anniversary the same day.

The club hosted a party to commemorate the special occasion, which Mr Singh also attended as the guest of honour. Retiring from competitive running at the age of 102, Mr Singh remains physically and mentally active by taking part in daily exercise.

The inspirational runner also raises money for different charity and said it was a "great honour" to attend as guest of honour at the centre as it celebrated its first year.

Mr Singh said: "I still enjoy going places and meeting people and to meet people in a place like this is wonderful.

"Money is important, material possessions are important but not as important as health because if you don't have your health, you can't enjoy those things. That's why places like this are good."

Gupreet Sandhu, owner of Anytime Fitness Shrewsbury said, "We are delighted to share our first anniversary with Mr Singh."

Anytime Fitness has more than 3,300 clubs globally and is set to open its 100<sup>th</sup> UK club in January. It is the world's largest and fastest-growing health and fitness franchise and is ranked the No. 1 Top Global Franchise two years in a row.

To find out more about the Shrewsbury Club visit [www.anytimefitness.co.uk/find-gym](http://www.anytimefitness.co.uk/find-gym) or call 01743 562600. For a free trial at any Anytime Fitness club go to [www.anytimefitness.co.uk](http://www.anytimefitness.co.uk) and apply for a three day free pass.

### **About Anytime Fitness**

Ranked #1 on *Entrepreneur's* prestigious Top Global Franchise list for two years in a row, Anytime Fitness is the fastest-growing gym franchise in the world, with more than 3,200 gyms serving nearly 2,700,000 members on five continents. Open 24 hours a day, 365 days a year, Anytime Fitness prides itself on providing its members with convenient fitness options and friendly, personal service in well-maintained facilities which feature top-quality exercise equipment. Gyms are now open in all 50 states, Canada, Mexico, Australia, New Zealand, England, Scotland, Ireland, Grand Cayman, Poland, the Netherlands, Spain, Qatar, India,

Chile, Japan, Singapore, Malaysia, Hong Kong, China, Taiwan, Belgium the Philippines, Italy and Sweden. All franchised gyms are individually owned and operated. Join one gym and use them all.

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**About Anytime Fitness**

Open 24 hours a day, 365 days a year, Anytime Fitness prides itself on providing members with convenient and affordable fitness options in friendly facilities which feature top-quality exercise equipment. Members can work out anytime in any of the clubs worldwide. State-of-the-art security and surveillance systems ensure member safety at the clubs even during unstaffed hours.

<http://www.anytimefitness.co.uk/>

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