



Registering as a CIC

J7 Fitness CIC



Hi, my name is Javeno. I've been a qualified fitness instructor for over 11 years delivering a variety of community fitness initiatives in North Manchester. My observations during this time supporting the community through sports and fitness were that people living in North Manchester faced mental, financial and physical barriers to exercising. I felt compelled to help them overcome these barriers as my passion is supporting people to see the change they want through hard work. That may result in weight loss, better fitness generally or improvement in their wellbeing. I decided to come up with an offer for each barrier.

For those who:

- Do not enjoy exercise - I offer a varied range of fun activities and team games that will help to make it more enjoyable
- Cannot afford it - I try to offer free or discounted rates that will be offset by external funding
- Are afraid or feel out of their depth - Our team of instructors will make the introductory process very easy and work at your pace until you are comfortable
- Are too busy with family life - We offer family session where all can join in!
- Have reduced ability due to condition or illness - We have 'soft' circuits and exercises for everyone

All of this support is underpinned with sound, practical advice on nutrition and lifestyle changes.

In order to deliver this programme I needed help to make it happen in an organised way to benefit the community and also benefit me. I contacted Macc for support to explore my options going forward. I was informed about the various legal structures I could choose and the importance of incorporation to help manage risk. It turned out that the Community Interest Company structure was the best one to take my idea forward the way I envisioned it. Thanks to Macc's support, J7 Health and Fitness is now a registered CIC running from various community spaces and venues across North Manchester.



Keep your eyes open as we are now being supported to explore the option of managing our own community space!

If you're interested in what we do, contact Javeno Mclean, on 0758 511 5789, or email: Javeno_mclean@hotmail.com