



Chester & District Standard

Standard's fitness guru in TV debut

STANDARD health and fitness columnist and local personal trainer Mike Searle makes his television debut next week when he is featured in the prime time ITV documentary *Take That - For the Record* on Wednesday (16th November).

Mike, the director of body4life personal training, the leading personal training company in the North West, has been training Gary Barlow, the former lead singer of *Take That*.

Mike and Gary are featured in the documentary during a typical training run in and around Delamere Forest. Mike said: "Gary and I have been training together for over a year now and he has built up a fantastic level of all-round fitness. We recently ran a

10-kilometre race together and then followed that with an excellent performance in the Congleton Half Marathon. Gary has worked incredibly hard on all aspects of his fitness, including strength and flexibility as well as cardiovascular training, and he is one of the fittest guys I know."

Mike worked very closely with the TV production team in preparation for the film shoot and researched suitable locations for the footage, which took place over an 11-mile course in the forest.

Since *Take That* broke up, Gary has had a successful career writing and producing for numerous other artists and has had major chart success with artists including Westlife, Blue, Atomic Kitten and many more.



Mike and Gary taking part in the Congleton Half Marathon recently.