



Holby City star on the mend!

LOCALLY based actor and singing star Mark Moraghan has linked up with the **body4life Personal Training Team at Forest Hills Leisure Club in Frodsham to help him recover from a broken leg.**

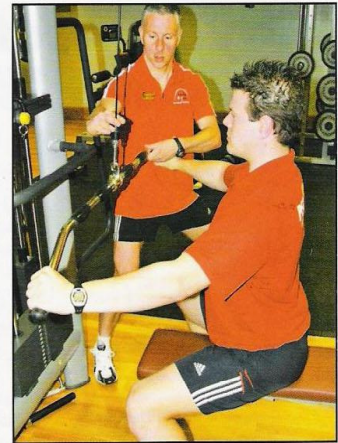
Mark, who badly broke his leg playing football, has had an assortment of rods, screws and plates inserted to help it heal. Sharp eyed viewers will have noticed a slight limp when Mark performed in the recent hit BBC1 Television Show 'Just The Two of Us' but he is now enjoying both Personal Training and Sports Therapy sessions with the **body4life** Personal Training Team at Forest Hills to help him with his rehabilitation. Mark's singing performances with Natasha Hamilton from the successful pop group Atomic Kitten, wowed viewers with his versatility and genuine singing ability, where he was voted through to the final. A familiar face on our TV screens as heartthrob Owen Davis in BBC1's 'Holby City'; Mark sang a wide variety of live duets with fellow

Liverpudlian Natasha, narrowly missing winning the contest outright.

Mike Searle, Training Director for **body4life** commented: 'Before his accident, Mark was in great shape and my team of Personal Trainers and Sports Therapists are helping Mark get back to full fitness. We have designed a fitness programme totally tailored to Mark's needs and personal goals and his training is progressing very well.' Local resident Mark has been a member of the luxurious Forest Hills Leisure Club for a long time and regularly works out there whenever his hectic filming and television schedule allows. Said Mark: 'I've always enjoyed keeping fit and the facilities here are excellent, from the pool, sauna, jacuzzi and steam room, right through to the fully equipped gymnasium, which are

exactly what I need for an all round workout. The one-to-one sessions that I have been having with **body4life** have made a huge difference to the way I exercise and I know that every minute with them brings real results'.

Since his success in the hit television programmes, Mark is enjoying a short break at home with his family and working on his fitness with **body4life** Personal Training, before he appears on our screens again in ITV's popular drama series, 'Where the Heart is'. In addition to his television work, Mark also manages to find time for several local charities, including Claire House Children's Hospice and Destination Florida; which specialises in sunshine holidays for children who have been extremely ill. He is also a member of the 'All Stars' charity



Mike Searle, Training Director (standing) with Chris McCann, Personal Trainer and Injury Therapist.

fundraising football team. With his **body4life** Personal Training sessions and intensive sports therapy, Mark is well on the road to a full recovery and is looking forward to playing again very soon.

body4life Personal Training can be contacted on 07986 483955 and Forest Hills Leisure Club on 01928 735517.