

## **Warwickshire transplant athlete aims to improve the nation's health with his #daily1minute challenge activity.**

The session consists of three exercises of 20 seconds with no rest in between each one. Any fast exercises count.

A cancer survivor and transplant athlete from Warwick has been inspiring local residents and is now looking to inspire the wider community to join his simple daily activity challenge during lockdown and beyond with his daily1minute initiative.

Simon Perkin, now 55, was diagnosed with blood cancer in 1991 at the age of 26 and after years of treatment and deteriorating health, sought a bone marrow transplant which he had in July 2012 when a donor match was found.

Since the operation, Simon's health steadily improved so much that he has gone on to run the London Marathon and participate in many competitions, including the World Transplant Games with 3 Gold Medals at the British Transplant Games at Newport, South Wales, in 2019.

Simon, whilst shielding, and recognizing not everyone can exercise for thirty minutes with Joe Wickes, has been hosting a daily one-minute activity. This consists of three exercises of 20 seconds, with no rest between each activity, and encouraging family, friends and acquaintances through the use of social media to join in.

# **#daily1 minute Simon Perkin**



Simon said 'a routine could be 20 seconds of tuck jumps, another 20 of jumping lunges, then 20 seconds of press ups with no rest in between. Any exercises will count in the 'daily1minute' challenge, as long as they elevate the heart rate.

Simon is a wellbeing and business consultant who has been helping sports and business leaders for over 30 years. Talking about the inspiration behind his activity Simon said 'my passion was heightened only last week, when I was invited to attend a webinar with leading health professionals. The agenda was 'Why Sport?' and 'Decreasing Activity Levels'.'

'Key speakers were Head of Safeguarding for NHS, Kenny Gibson, Head of Health, Sport England, Suzanne Gardner and Head of Health for Swim England, Elaine McNish'.

'The main shocking message was the concern all 3 speakers regarding the impact the coronavirus restrictions are having on mental health and anxiety'.

'We know life will be different for some time due to the social distancing restrictions which have impacted business and sports clubs financially and operationally. This could lead to an increase in mental health issues in particular loneliness and isolation, which have been at a peak. Exercise is so important in managing this and it is vital we stay stronger together'.

Simon believes it's important to increase our heartbeat through exercise and knows that people will feel part of a community - in the same way parkrun has brought people together.

He goes on to say 'I started the challenge on 1 May and was only planning to run it until 10 May which was a special workout being our son Ed's 20<sup>th</sup> birthday, a day I thought in 2011 when waiting for a transplant to save my life, I might not see. For this workout joined by my wife Jane and Ed, I wore an Anthony Nolan running vest, the donor register charity that saved my life when I had blood cancer.



'I have received requests from local sports teams and clubs to wear their kit to help bring the sporting community together and decided to run the challenge long term and am excited to get the nation involved'.

'Finally, it is important to warm up properly and not attempt activity if you have a niggle or injury. If in any doubt, seek the opinion of your GP or health consultant before starting any exercise program'.

To join in, you can either contact Simon via his website, [www.simonperkin.com](http://www.simonperkin.com) or join the Get Fit Warwick (GFW) Facebook group :

<https://www.facebook.com/groups/708374739325129> and keep a look out for #daily1minute on social media. You are invited to share your Daily One Minute using #daily1minute, #weareundefeatable and #jointhemovement in line with the NHS and Sport England's BIG push to encourage daily activity.