Dear [INSERT MP NAME],

I am writing from [INSERT BUSINESS NAME] to invite you to join us in celebrating [National Fitness Day](https://www.nationalfitnessday.com/) at our upcoming event in your constituency, and to help us spread the message of the importance of physical activity in your community.

Gyms, swimming pools, leisure centres, sports clubs, schools, workplaces, major brands and public figures will be united in celebrating sport and physical activity on **Wednesday 24 September 2025.** Last year, the campaign inspired more than 10 million people across the UK to be active on the day, helping people from all communities and backgrounds to become more active in their everyday lives.

This year’s theme for National Fitness Day is ‘**Powered by you!**’. There has never been more evidence that moving our bodies is essential for us to feel well, both mentally and physically. In the UK today, physical activity is helping millions of people to beat cancer, type 2 diabetes, skeletal and muscular pain, depression, anxiety, and many other conditions. With your support we can help spread the message of the power of physical activity across the UK.

The day will also help to show why our nation’s gyms, pools and leisure centres are so essential to your constituency. [ADD DETAILS OF YOUR LOCAL INITIATIVES]

Our facility will be participating in National Fitness Day to highlight the value of physical activity to your constituents, and we would love to welcome you and your team to join us on the day and show your support.

***How you can get involved:***

* **Visit us to get involved or simply to meet those taking part** - our facility will be taking part in the day by offering [INSERT AVAILABLE ACTIVITY OPTIONS AND TIMINGS].
* **Spread the message on social media** - using a personal message to celebrate National Fitness Day, such as:

*I’m delighted to support National Fitness Day – a day to celebrate both the fun and the importance of fitness and physical activity! It is great to see local organisations like [INSERT BUSINESS NAME] getting involved and providing a place for constituents to take part. Well done to everyone getting out there and getting active today #FitnessDay @FitnessDayUK*

If you have any questions or would like more information, please contact our trade association and campaign organisers, ukactive at: [publicaffairs@ukactive.org.uk](mailto:publicaffairs@ukactive.org.uk)

Best wishes,  
[INSERT NAME, TITLE AND CONTACT DETAILS]