

March 2019

Dear Parents / Carers,

As Sixth Formers at Bishop's Hatfield Girls' School, we have enrolled in the Young Enterprise Scheme to enable us to have an insight into the industry of business. As a team of young entrepreneurs, guided by business advisors, we felt that it was important for us to combine our business with our passions; health, fitness and sustaining the environment. This is because, as a team, we have become increasingly aware of two major issues, namely pollution and obesity throughout the UK. We passionately believe that we must do everything within our power to protect our planet. This has led to the founding of our company in September 2018, Eco-Fit. This programme has enabled us to develop our company alongside improving our skills in communication, confidence, financial capability, initiative, organisation, problem-solving, teamwork and resilience.

We sell eco-friendly and sustainable resistance bands. Resistance bands are incredibly simple to use however they are extremely effective at working your muscles. In addition, resistance-band training can help to increase stamina and flexibility. A guiding principle in the progression of our company was to ensure that our products were available for use by beginners as well as those more experienced in fitness. This is evident through the fact that our resistance bands are available in three different strengths; beginner, intermediate and advanced. They are easily transportable and essential, especially for gymnasts and dancers when stretching. All resistance bands are of a high quality latex, which is both sustainable and eco-friendly. There is also an online user-guide available on our website, which provides simple exercise routines that are adaptable for your current level of fitness.

1 resistance band - £4.99

2 resistance bands - £7.99

3 resistance bands - £9.99

The resistance bands will be available for students to purchase in the canteen on Friday and Tuesday lunchtimes from 1:00-1:15. Alternatively, they are available on our website by following the link to our Young Enterprise Marketplace - <http://ecofituk.wixsite.com/website>

We would appreciate your support for our young enterprise company. For more information, please follow the link to our website or alternatively email: EcoFitUK@gmail.com

Yours sincerely,

The Eco-Fit Team