

Donna and Sophie Move Video Transcript

[soothing music throughout]

[Video clip: Donna and Sophie enter building]

[Logo move]

[Donna] 'I'm Donna and I'm from Bishop Auckland.'

[Sophie] 'And I'm Sophie and I'm from Bishop.'

[Video clip: Donna and Sophie seated, facing camera]

[Logo move]

[Donna] 'We were both struggling with our mental health in the sense of we both work in retail and we more or less are at work every single day. So there was no time for ourselves. And we've obviously got children as well. So there was nothing for us.'

[Video clip: Sophie and Donna at gym reception with staff member. Staff member side shot close up. Donna and Sophie at lockers. Donna and Sophie entering gym]

[Donna] 'So we decided to come to the gym and kind of work on ourselves and our mental health.'

[Video clip: Donna and Sophie on rowing machines. Donna and Sophie seated, facing camera]

[Sophie] 'When I first came to the gym it was what I expected it to be in the fact that everything's here.'

[Video clip: Sophie boxing at punch bag]

[Sophie] 'But the environment wasn't what I expected.'

[Video clip: Donna at lat pull]

[Sophie] 'I expected it to be completely different, full of athletic type bodies.'

[Video clip: Donna and Sophie seated, facing camera. Gentleman at arm roll machine. Man at ropes. Donna picking up free weights. Donna using free weights for arm exercises]

[Sophie] 'And it wasn't. It was just normal people, ordinary, normal people.'

[Video clip: Sophie lifting bar weights]

[Donna] 'We don't just do the gym. We've done the Move Programme on a Wednesday.'

[Video clip: Donna and Sophie on cross trainer]

[Video clip: Donna and Sophie seated, facing camera]

[Sophie] 'We signed up for Zumba.'

[Donna] 'We have yes. I've done the aqua sessions with the older ladies.'

[Video clip: Ladies aqua class in pool]

[Donna] 'The music's pumping and it's such a good vibe.'

[Video clip: Donna and Sophie seated, facing camera]

[Donna] 'And then we've also booked up for leg, bum and tums.'

[Video clip: Donna and Sophie seated talking on bench near free weights. Donna and Sophie seated, facing camera]

[Donna] 'In relation to coming to the gym don't hold yourself back. You don't know what your capable of unless you push yourself. And that comfort zone is comfortable but you don't know what you would get out of it. There is so many friendly faces.'

[Video clip: Donna and Sophie talking with staff member in gym]

[Donna] 'The staff are fab.'

[Video clip: Two men doing ab exercises with medicine ball. Man manually rotating his feet. Close up Donna and Sophie on cross trainer. Donna doing lat pulls]

[Donna] 'It's just such a good environment for any body type.'

[Video clip. Sophie boxing punch bag. Donna and Sophie seated, facing camera]

[Sophie] 'Somebody that wants to try it, I'd say just do it. I was so uncomfortable when I come, I was just so uncomfortable in case I didn't fit in. But it's not like that. It's so welcoming. And within like five minutes people are talking to you like they've known you for years.'

[Video clip: Donna and Sophie on cross trainers]

[Logo Move]

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[Logo Durham County Council]