



Jonathan Gullis MP

Member of Parliament for Stoke-on-Trent North, Kidsgrove and Talke

Matt Hancock MP
Secretary of State for Health and Social Care
Department of Health & Social Care
Ministerial Correspondence and Public Enquiries Unit
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Dear Secretary of State

Coronavirus Restrictions - Gyms

As my Right Honourable Friend will know, gyms and leisure centres are critical in helping our constituents remain fit and healthy, both physically and mentally.

The NHS states on their website that exercise '*can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.*'

I appreciate that gyms are not essential for exercise, and I welcome the government's commitment to allow unlimited outdoor exercise during the second national lockdown.

However, going into the winter months, it will be increasingly difficult to motivate and support those who wish to get fitter without the provision of an indoor space.

My Right Honourable Friend knows all too well the difference that exercise makes to improving people's chances of fighting off COVID-19.

Therefore, I ask that the government consider allowing gyms and leisure centres to continue to open and operate, in a COVID secure manner, during this second lockdown.

Public Health England's surveillance report has reported that out of those who have tested positive for Coronavirus, only 3% have visited gyms at some point in the previous seven days.

3% is well below the percentage of those who have visited supermarkets (12%) and even secondary schools (5%).

I would urge the government to re-consider its position on gyms and leisure centres.

I hope the government will give people every opportunity to remain fit and healthy, in a COVID secure environment, as we go through this second lockdown.

Yours sincerely

Jonathan Gullis MP
Stoke-on-Trent North, Kidsgrove & Talke