

Press release  
16 May 2011

### **Get fit in on your estate for free**

Work on your biceps and triceps in time for the warm summer months from the convenience of a local estate.

Acton Estate in Hackney has state of the art equipment including a ski stepper, a health walker and a handle boat. Several residents can use the equipment at the same time helping to motivate one another and build community spirit on the estate.

Another estate, Leaview House has installed a trampoline and table tennis equipment for the local residents to work out, get fit and enjoy each others company.

Neehara Wijeyesekera, Head of Tenancy and Leasehold Services, Hackney Homes said: "We know that some residents can't afford the costs of going to an established gym and that is why we support tenants and residents associations to work with us to make these facilities available right on the estate."

Press queries to Olaide Oyekanmi on 020 8356 3522, or email [olaide.oyekanmi@hackneyhomes.org.uk](mailto:olaide.oyekanmi@hackneyhomes.org.uk)

**Ends**

### **Notes to Editors**

- Hackney Homes is an arms-length management organisation managing around 30,000 council properties in the borough of Hackney.
- This applies to estate parking permits only. To park on a road, you will need to apply to Hackney Council Parking Services.