

## JENNY IS RAISING MONEY ON THE ROAD TO HEALTH

In 2006, having quit smoking 5 years earlier Jenny Mogford, partner at local web design company *InternetNow!* had gained more than three stone in weight.

In 2007, she certainly didn't feel fit and realised her health would be risk if she didn't do something about it.

This prompted a lifestyle change that nowadays includes regular exercise and a complete change of diet. She is no longer overweight, having reached a healthy Body Mass Index and regularly runs three times a week, together with working out at *Orchids Ladies Health and Fitness Centre* in New England.

Jenny said, "In January 2009 I moved into my second half century of life and decided to do something at 50 I couldn't do at 15. My challenge in 2009 is to run a half marathon, which will be the *Great Eastern Run* this October.

On her way to reaching her goal, Jenny decided to also have a go at doing something that can help others gain a better quality of life and has chosen to support Spinal Research as her charity for 2009.

"I have a friend of more than 20 years who sustained a spinal injury when she was young. The effects did not become apparent until she was in her 30s when she began to develop problems with lack of sensation in her hands and legs, leading to more extreme mobility problems over time.

"Having listened to her as she has gone through her journey dealing with the impact on her body, life and mobility, I have developed an appreciation for what Spinal Research is aiming to do for people."

Jenny's first fundraising run is the Eye 10K on Sunday 10 May which she hopes to complete in less than 75 minutes. You may also spot her training in Ferry Meadows or on city roads as she builds up to her half marathon challenge.

Your donation, however small could make a huge difference in the lives of many people who have suffered spinal injury.

You can support Jenny's fundraising effort for Spinal Research by donating on online at [www.justgiving.com/jennymogford](http://www.justgiving.com/jennymogford)

ENDS

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Photo caption: Jenny Mogford sporting her official Spinal Research running vest with friend, Kay Allard.

Higher resolution image available on request.

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