



FEMALE RAF OFFICER BECOMES BRITISH MILITARY FITNESS INSTRUCTOR

A former RAF female officer has discovered a great way to supplement her income whilst she studies medicine, and has become a British Military Fitness (BMF) instructor. Thirty-three year old Tamsin Bell was a Fuel Specialist Officer in the RAF, before leaving to study medicine at Barts and The London NHS Trust. She is now working as a BMF instructor in London's Hyde Park.

Tamsin secured a sixth form scholarship and university cadet scholarship in the RAF and her role saw her based all over the UK. Her last two postings were in Dorset and Oxfordshire and she also served in the Falklands and Afghanistan.

Tamsin says: "I wanted to be in the RAF for as long as I can remember so it was a dream come true when I joined. Over the years that I served, I worked with some great people and had the opportunity to travel to a number of countries that I wouldn't have otherwise visited."

In 2001, after nine years' service, Tamsin decided that she wanted to pursue a career in medicine. She trained to become a qualified studio and gym instructor and a member of the Register of Fitness Professionals (REPS) and then went on to complete a degree in herbal medicine. She is now studying to become a doctor.

After leaving the RAF and dealing with the challenges faced by moving from military to civilian life, Tamsin looked for a job that would be flexible to allow her to study but earn her an income in the meantime. She joined BMF in 2007 and now runs sessions in Hyde Park on a weekly basis. "Joining a company like BMF was exactly what I needed. It is a great way to meet like-minded people with the same background and same life experiences. The sessions run for the members allow the ex-military individuals to use the skills learnt in the forces such as flexibility, teamwork and motivating others."

All BMF classes vary, with most including

running, circuit activities such as press ups, sit ups, burpees, squat thrusts and team challenges. Tamsin motivates participants throughout the 50 minutes and ensures that no one feels left out: "The sessions are the ideal way to exercise and being outdoors is an added bonus, even in the worst of weathers! It's also incredibly social. I really enjoy the sense of achievement in helping our members achieve their health and fitness goals."

Working for BMF is a superb vocational opportunity for those who are leaving the forces and looking for an alternative source of income. The company is growing fast with 55 venues at parks across the UK and is always on the look out for good instructors from the Forces. Recently, NVQ level 2 courses in sports and recreation have been set up by BMF. This will enable anyone with an armed forces background to work for them on successful completion of the NVQ.

To find out more about BMF, please visit www.britmilfit.com