

Kent businesswoman skates back to London's Apollo to reappear in Starlight Express for the 80th anniversary gala performance



Kent businesswoman **Anna Daniels** is skating back to London's Apollo to reappear in Starlight Express for the 80th anniversary gala performance which features the cast of *Wicked* along with performers from previous tenants - Starlight Express.

Starlight Express is an Andrew Lloyd-Webber musical penned originally as a bed-time story for his children and is performed on roller skates. The gala show will take place on October 10th and is being created by *Wicked*'s UK associate director and dance supervisor. It will feature a showcase of songs which have been performed on the theatre's stage over its 80 year history and all excess proceeds from ticket sales will be donated to Cancer Research UK. There will also be a raffle in support of the Entertainment Artiste's Benevolent Fund on the evening itself.

Anna featured in the *Courier* back in 1991, when she was a singer, dancer and skater in Starlight Express, in the role of Joule. She explains: "It's so exciting - if a little daunting - to be back on the stage in Starlight Express after all these years. Luckily, given my passion for fitness and wellbeing, I'm in a position to return to the role and look forward to catching up with lots of the former stars of the show."

Today, Anna is Managing Director of Daniels Fitness Group - <http://www.danielsfitnessgroup.co.uk>. Over the last 22 years she has worked with companies throughout London and the South East to implement their wellbeing strategies and manage their health and fitness facilities. She is currently working with over 2,000 clients in London and the South East and has previously provided health and wellness programmes for customers and staff of First Choice Holidays, Sunsail International, Cardinal Health and Dresdner Kleinwort Wasserstein.



Anna is regarded as a leading fitness consultant and has a passion for helping individuals achieve their goals. She and her team work with organisations on an individual and group basis to achieve this. She works with the motto that staff are vital to the overall success of a business and uses her background and training in musical theatre to help educate her clients.

For more information contact the Daniels Fitness Press Office:

Katie King - Email: katie@2thefore.biz

Tel: + 44 (0) 1892 520123 or +44 (0)7525 727288



Notes to editors:

Anna Daniels has worked in many areas of the fitness industry as well as enjoying a successful career on the stage and screen. Her career spans the following:

Singer, dancer, skater in Starlight Express, Apollo Theatre London. Actress in Howard's Way, Tales of Narnia, The Bill. Personal Trainer to many prestigious professionals and celebrities. Creator and presenter of "Daniella Westbrook's Creating a Better Body" DVD / video

In addition Anna is also a presenter, teacher trainer and assessor within the fitness industry having worked with clients such as Nike, Cybex, Forza and Shape Fitness Education. She is also an active member of Fitness Professionals, Fitness Industry Association and the Institute of Directors.

Seeing a need to create change in the eating and exercise habits of school children, Anna launched Fit school UK in 2006. Working with behavioural

psychologists, the company creates and delivers activity sessions and wellbeing seminars to pupils and staff across Kent within both the private and state sector.

Daniels Fitness Group

<http://www.danielsfitnessgroup.co.uk>

Established in 1989, Daniels Fitness Group has the knowledge and experience to help companies to look after staff by providing on site lifestyle, fitness and activity programmes.

The comprehensive range of services allows a company to get their fitness facility off the ground, aiming for a profitable future and a guaranteed return on investment.

