



Mark Hellier Plant Fitness by Mark

I'm Mark Hellier, a fitness trainer with a passion for helping people, and will soon be launching Plant Fitness By Mark, which will be an online and in person personal training business. I will be promoting a plant based diet throughout and a healthy lifestyle throughout.

I am a veteran having served nearly 10 years in the British Army, with tours in Iraq, Kuwait, Bosnia and Kosovo. I have ran several marathons, including London Marathon, Brighton and Milton Keynes Marathon

My family and I have been vegan for 6 years and it's the best decision we ever made. My kids love being vegan and eat an amazing variety of foods. I am a massive animal lover and when asked if I would like to do this to raise money for animal charities it was a no brainer.

My main races this year are Run the Raid Lindesfarne Trail Half Marathon and Sea to Summit Ben Nevis Ultra.

I want to show people how much fitness and diet improves your mental health, which is very needed in the world we live in and the pressures we put on ourselves.