



### Background of business

Harjinder Miller, a Thornton-based fitness instructor, has become popular among a large group of Bradford District residents, aged from 16 to 70. A former tax officer, she has built a District-wide reputation as a motivational fitness specialist. She teaches 12 classes a week, some on behalf of Bradford Council at the Richard Dunn sports centre, others in Denholme and Keighley. She is qualified to advise on a wide range of exercise regimes which help people to safeguard their health.

### Support journey

Initially, Harjinder contacted Into Business, where both Chris Peltier and Lloyd Jessett, Business Counsellors, offered advice. This included a referral to the 'test trading' scheme provided through the partnership between Kickstart and JobcentrePlus. "If it had not been for Chris and Lloyd, who know all the 'ins and outs' of starting a small business, I would not have known how to plan my business nor who to turn to for advice," says Harjinder, adding: "They were excellent at signposting me to other people and agencies who could help me." Subsequently she was also advised by Colin Holmes, Business Counsellor. "I can readily recommend the Kickstart programme to anyone thinking of starting up on their own," she says.

### Where they are now

In view of the success of her business, Harjinder was able to continue running her classes once the initial six months of test trading came to an end. As she took unpaid leave from HMRC to start her business she will shortly have to decide whether to return to her old job or continue to build her fitness enterprise. Her many clients across the District are keeping their fingers crossed that, whatever decision Harjinder takes, she will continue to lead the fitness classes they so enjoy and benefit from.

**Background Information:** Please also supply

Client Name: Harjinder Miller

Ward in which trading or resident: Thornton

Business Name: Harjinder Miller, Fitness Instructor

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