



Wales National Exercise  
Referral Scheme (NERS)  
Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru

# SUCCESS STORIES

## SARAH

I was nervous about attending the gym after almost ten years. I was walking 2-3 hours a day but I was doing no other exercise and my diet was very poor.

I booked a supported session at the gym but I was unsure about attending the low impact class afterwards. Amy made me feel very welcome. She is very knowledgeable regarding the apparatus in the gym and gave me exercises suitable for my fitness level. Amy encouraged me to attend the low impact circuit class after the gym session. She is very encouraging and patient, and makes the gym fun rather than a chore. I have continued to attend the gym once a week and I have been attending the low impact circuits weekly. Amy has been doing short fitness sessions before the class which focus on different areas of the body. I have found these really beneficial and have carried on with them at home.

I have had several conversations with Amy regarding healthy eating and have been encouraged to stop snacking on unhealthy food. I understand that I won't benefit from the gym if I continue to overeat and choose unhealthy foods. I have completely changed my diet. I still have snacks but they are healthy options. As a result I have now lost 5.5 kilos which I am really pleased about. My fitness levels have also increased. I am very grateful to Amy as I wouldn't have achieved this if I hadn't started attending the supported gym sessions and classes.



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