

## **Annabel**

I attend SFL at the Hahndorf Institute.

I have been attending since I retired about 1-1/2 years ago and I attend 1 session per week.

I have had 2 hip replacements and I also have arthritis in my lower back and my specialist suggested that the SFL program would be great to help strengthen my overall body.

I love the instructor Sue, it's fun, they are a nice group of people and it's convenient and in walking distance from my home, which is great as I also get more exercise walking to the sessions SFL is a very enjoyable way to exercise.

I am very pleased with the progress, my mobility and my balance have improved and SFL is helping me maintain my overall fitness, I certainly notice the difference if I don't attend class.

SFL gives me an incentive and a routine, it gives me a purpose, and I know I need this to keep up my fitness, I just enjoy doing it.

The participants in the class are a very friendly group and get on well, they do sometimes go out for coffee after the session, and I have joined them a few times. Great friendly and pleasant group of people.

Sue is a great trainer, always helpful and happy to answer questions and reviews my program as needed, great having a program tailored to your individual needs, especially with my arthritis.

I enjoyed the SFL program from the first time I attended, I know we need to keep moving and it particularly helps with my arthritis. I would recommend this program to all people, to help keep them fit and active, such a fabulous program, tailored for the older generation.