

Gary Blucher, Strength for Life participant at Sophie Beers – PT and Group Fitness in Kapunda

I and my wife, started about 12 months ago and attend 1 session a week.

We attend an easy movers program which is a very gentle and easy program and SFL complements this it is individually tailored to suit each person's needs and is a more challenging exercise program.

I need regimented exercise, I need to be pushed and Sophie is great at doing this and extending me when needed, she is brilliant.

I have noticed a great overall improvement in my body, it's great to maintain my Balance and Strength.

I have had 2 knee replacements and SFL helps keep my weight down, flexibility is a must as I work on cars and SFL has helped my agility for this, I am generally healthier and fitter and able to do things more easily, which in turn helps with my wellbeing.

As we live and attend SFL in a country town, most of us know each other, it's a good friendly environment, a bit too easy to fall into chatter, as we all get on so well and must remember we are there to exercise.

Sophie could not be any better, she is excellent at what she does, dedicated and knowledgeable and is always happy to assist and discuss our exercise program and adjust if needed.

SFL is a great program, all people of our age should be doing it, in a town of an ageing population we all need to be there to support each other. I thoroughly recommend this program.