

Julie Roszko 15 September 2023

I attend 3 sessions of SFL at the Aldinga Centre and have been attending for 3 year.

I was very overweight and decided I needed to get fit and healthy, "Eat Less, Move More". I have lost 52kg, by making healthier decisions about what I eat and maintaining exercise with SFL and Gym work, I also walk on the beach every day.

I love the fact that I feel I have gotten healthy and fit and am going out and meeting others in my community.

I love that my general overall health and strength has improved dramatically, and I am working on improving my balance.

I joined SFL after I retired, I was in a job where there was a lot of interaction with people and when I retired, I really missed the interaction, but attending SFL has helped me make social connections within the community and I have made some really great friend. All this helps with my feeling good and positive about myself.

The SFL trainer is very nice and chatty. She gives us a great exercise program suited to our individual ability and needs.

I love the exercise so much that apart from my 3 sessions of SFL, I also attend the gym 2 other days a week and work at my own pace. I love so much that all this has helped with my weight lose and my overall wellbeing.

SFL is a really useful thing to do, you need to be motivated and connect with the community. SFL enhancing your strength and gives you a positive feeling about life in general.