

## Kirsten McDowell

I attend SFL at Viva Fitness Kidman Park. I started attending in 2020, but unfortunately with the Covid Pandemic, the sessions shut down, but as soon as they reopened, I started again and I am now doing 2 sessions a week.

I retired from work in 2011 to look after my aged parents this went on till about 2019, and I then realized that I had not been looking after myself, and I was not very fit at all I was diagnosed with Osteoporosis at a very early age and was really struggling, I felt very fragile physically and mentally and realized that I really needed to do something to help myself. I had at that time also become quite socially isolated.

I love the social aspect of the SFL group, very active, and a lot of friendly supporting people in the group. My physical well-being has improved dramatically, and I am now able to lift a reasonable amount of weight and I am stronger, fitter and healthier and laughing a lot more.

The changes and improvement in my balance is great having osteoporosis, I have had quite a few falls and a lot of broken bones over the years and the SFL balance exercises have complimented the balance class I do once a week. My strength and agility have improved greatly, which has enabled me to move on to more challenging exercises.

The SFL program has helped reduce the amount of pain I am in due to my osteoporosis, my posture is so much better and as a bonus I have lost weight and am still doing so. I am much happier in myself.

There is great interaction with the other clients during the class and the group go out for coffee afterwards. The group are genuinely interested in each other and if you don't attend the session for some reason, someone will check up on you, I really love this particularly as I live alone.

The trainers are great and understand my condition and adjust my exercise program to suit. They are always happy to assist and give suggestions regarding my exercises. They are a good group of trainers who understand and consider how the older body works and needs to be looked after and adjust exercise to suit. Older people should not be put into a box. I want to keep my fitness for as long as possible. The people who attend these classes are really an inspiration to me. There are people in my class over 80 who due to SFL are so fit and healthy.

I would really like to encourage all to join the SFL program for the physical and social aspects it is great for your mental state of mind.

The Falls prevention program with SFL is great I am so passionate about this program and didn't think I would be as good as I am physically particularly with the state of my osteoporosis but I am so grateful for the SFL program, and will continue to attend for as long as I am able.