

Margaret 31/7/23

I have been attending SFL at YMCA Fleurieu Aquatic Centre for approximately 2 years. I can do up to 3 sessions a week.

I joined primarily to work on my upper body strength.

I enjoy the company of the people attending SFL, they are a great bunch of people, as we don't live there permanently but are down at our holiday home quite a lot, it helps us in being part of the community.

I have always been very active, walking cycling etc., and SFL compliments my physical exercise. I have an ongoing shoulder injury and SFL helps maintain strength in my shoulder.

Your overall wellbeing is so important and in winter I have a habit of becoming a bit of a hermit, so joining SFL gets me out of the house and lifts me up mentally and physically. "I'm less of a hermit."

They are a very friendly group and I do join them for coffee once a week. During the holidays I had grandparent duties and couldn't attend SFL on one day so I took my granddaughter with me after the session to have coffee with the group.

The instructors are great they are happy to revise my program quite regularly and they are always happy to discuss any changes and issues you have. They are a great group of instructors.

I guess with my background of working in Aged Care Assessment, I am aware of the need to stay active as you age. Hence all the exercise I do regularly. SLF is a great overall program that helps maintain and build your strength and balance. The old saying "If you don't use it, you lose it" comes to mind. I would thoroughly recommend SFL to all older people.