Strength for life review – Marion Blucher

My name is Marion Blucher and I attend Strength For Life at the Kapunda Senior Citizens Hall on Saturdays and have done so for just over a year.

I joined Strength <u>For</u> Life (SLF) as I had suffered back pain for several years and despite treatment it had not subsided. It was suggested building up muscular strength would help to reduce the pain. At the time I struggled to stand up from a low seat and needed to improve my general mobility, balance and strength. I saw SFL as a way to improve my overall health to enable me to live life to the fullest for as long as I can. I feel I owe this to myself but also to my husband who also attends SFL to maintain his mobility and strength.

The best thing about Strength for Life for me is having a joint warm up session which I enjoy but also having a program of exercises structured for my particular needs.

My strength has really improved particularly in standing up from low seats and the floor with my program and the use of weights. Best of all my back pain is mostly a thing of the past. My balance has also improved but still has room for more improvement.

We have great interactions with others in the SLF group. We always manage to have a laugh and encourage each other. As a result we have invited a single member of the group to join us for a meal and game of cards on occasions.

We are very lucky to have Sophie Beers as our amazing instructor. Sophie takes time to check in with each participant at every session and has the ability to make us all feel valued individually and as a group. She immediately responds to any particular need we have regarding our program or general health and wellbeing.

Eight years ago I received the enormous gift of a liver transplant after many years of being unwell which has given me a second chance in life. At the time my energy and fitness levels were very low. I consider myself very privileged to be able to attend and participate in SFL and know my fitness and health is much improved as a result.