

## **Audrey Richardson 31/7/2023**

I attend SFL at The Hub Rec Centre, but previously attended SFL at Blackwood, so in total I have been participating for about 5 years in total.

I have been a Scottish Country Dancer for a very long time, but since having a knee and hip replacements, needed something not quite so strenuous and hard on the hips and knees. So researched and found SFL. There is also much less travelling to attend SFL it helps that it is much closer to home.

I so enjoy the trainer, she has a great personality and I really notice the difference in my body if I don't attend classes I really feel it.

I have definitely noticed the improvement of my overall strength, specifically in one arm which was quite weak, and I can now lift 15kg. Also after my knee operation SFL has certainly helped with the recovery and helped to strengthen my knee.

I am 90 years old and I think SFL helps to keep you more alert and switched on, it is generally good for your overall wellbeing.

The group I attend with are generally nice friendly people. The instructor arranges lunches for all the groups to attend together and for my 90<sup>th</sup> birthday, she put on a morning tea to celebrate which was lovely and I really appreciated it.

The instructor is very approachable and has a good sense of humor, great personality and is always available to discuss my exercise program, because I like to push myself as far as I can to help me keep fit and healthy.

I think SFL is an excellent way to help maintain good health, if you don't use it you lose it. It is also budget friendly for pensioners.