

Julie Smith 28/7/2023

I attend SFL in the Blackwood Community Centre and have been attending since June 2022.

I commenced SFL after my Pilates instructor suggested that SFL would complement and enhance my fitness program, as I have Osteoarthritis.

I just love the SFL program being held in the Community Centre, which has an inviting atmosphere, the instructors are delightful. Being a Community Centre, there is Kinder gym and a High School program being held at the same time making it a very diverse community and it is a treat to watch the young mums exercising with their children. It's a much more friendly atmosphere than being in a commercial gym.

My strength has improved immensely, especially now being able to squat. My Pilates and SFL instructor talked to each other and have devised exercises suitable for my Osteoarthritis. It has increased my speed in walking, my agility, flexibility, and overall strength.

My overall well being has improved, there is nothing more demoralizing than being in a body that is getting stiffer and stiffer, the SFL program has given me more power over my body, hence I feel good about myself, it empowers you in mind and body.

We have a very friendly group, and I think with most participants in the group SFL helps you physically and physiologically to have a more positive attitude to life. There is tea and coffee and a chat available after the session if you choose to join in, all this helps with your overall wellbeing.

The instructors are amazing and help you work with the ability you have to get the most benefit you can from SFL.

SFL is a great program, it encapsulates what is possible and positive to the time you are in your life. You must make choice to engage in life and make the most of each day. I just love SFL for my physical and mental wellbeing. COTA are doing a great job with this program keep it up.