

Sue Weston 28/7/23

I attend SFL at City of Prospect – Nailsworth Community Centre and have been attending for 3 years.

The practice nurse at my GP suggested that SFL would help with my health issues as part of my Health Care Plan.

I love being with the group who have common goals, it keeps me positive and helps with my overall health.

My overall strength has certainly improved, I am my husband's carer and it has helped me with my day to day requirement of caring for him.

I am normally a very positive person, but I am sure SFL is helping me overall in my fitness and mental state of mind. I would highly recommend the program to others, to keep you active and mentally positive.

It is a very friendly and outgoing group.

The instructors, we have two, are very responsive to your needs and give very good advice. They are very knowledgeable about correct exercises that are age appropriate and are happy to discuss your progress at any time.

I would thoroughly recommend SFL, everyone of a certain age should do it, it's a terrific program.