

Theresa Salib-Brown 31/7/23

I attend SFL at Healthy Habits Exercise Physiology – Anytime Fitness Brighton and have been attending for approximately 2 years.

I wanted to get into some sort of exercise program to help with my strength and mobility and having worked previously with an Exercise Physiologist after a back injury, I knew this was the sort of exercise I needed to do and SFL Tier 1, at Healthy Habits fitted the bill.

I enjoy the fact that SFL has increased my strength and fitness and general overall health. I love the aspect of meeting new people and having a chat.

My overall strength and balance have improved immensely and I find myself being able to do things I couldn't do before I joined SFL.

Your general wellbeing improves as exercise always makes you feel much better about yourself.

The group are very friendly, and we always pass the time of day and catch up about what is going on in each other's lives, talk about holidays etc., but we mustn't forget that the exercise is the main reason we are there, but always seem to find time to have a quick chat.

I love the professionalism of the instructor, she is very much across what is going on and always monitors me due to my previous back injury and adjusts my exercises to suit, as required.

I think SFL is a great program, it's always hard to take the first step, and one thing I think is you need to have a firm idea of what you want out of the program, so you need the right place and the right type of exercise to suit your needs. You won't always notice the improvement straight away, but one day you will be doing something and suddenly realise that you could not do that before you started SFL. " If it's something you need to do for yourself just take the first step and do it, you will thank yourself for it later. "