

William Shield SFL Interview 15<sup>th</sup> September 2023

I have attended SFL at 3 different venues, one having closed down, one under rebuild/alterations. At the moment I attend 1 -2 sessions at Turrumurra Rec. Centre. Overall, I have been attending SFL for over 3 years.

For 10 year I have been doing Tea Tree Gully Mod fit which is mainly Aerobics 1 day a week, but I needed to incorporate more strength and weight training, so I joined SFL.

I love the routine of going to SFL and meeting people, the routine gives me motivation to exercise.

I am able to lift fairly heavy weights and I enjoy the weight training. I have bulked up a bit which makes me feel good about myself. My balance has improved, and I can get up from a chair, even very low ones without needing to use handles etc.,

At all centres I have found the participants very friendly and welcoming, I am new to Turrumurra and have just had a break having just returned from an overseas holiday but can't wait to get back to the exercise and social contact.

The instructors at all locations have been great, knowledgeable, they know what they are doing. Great on supervision and advising the correct way to use the equipment to avoid injury.

SFL is very beneficial for your strength, balance and well being I enjoy being involved in it very much.