

Susan Myatt 15 September 2023

I attend SFL two sessions a week at Clarence Park Community Centre and have been attending for 3 years.

When I retired, a friend recommended that I join, which I thought was a good idea, to help maintain a fitness level. I also appreciate the close proximity of the centre to my home.

I love the trainer, the individualized program, the other participants just an overall enjoyable experience.

My body is a lot stronger, my balance and flexibility has improved. I now have more stamina when helping with my grandchildren, can get down and off the floor with ease. My general health has improved. I have bursitis and the strength training has reduced the inflammation in my body, and I no longer need cortisone injections.

Your overall wellbeing improves as you feel good about yourself, it's very good for your mental health to be involved. The group are very friendly and welcoming, it's a very warm and inviting atmosphere and I have encouraged other friends to join. We have a good social connection with each other, we go out for coffee, lunches, Melbourne Cup and Christmas.

The instructor Mary is excellent, she is very good at working with the management of the centre which has enabled her to gain great equipment for our use in SFL. She is very encouraging and challenges us and adjusts our program to suit. She also joins us for coffee when she can.

It sometime takes courage to get out of your comfort zone, but SFL is so good for you, it's good to be part of a community, it helps mentally and physically. It richly rewards you and helps expand your interest. A generally great affordable exercise program for older persons.