

Theresa Salib-Brown February 2025

Theresa attends two sessions of SFL at Anytime Fitness- Hove and has been attending for over three years.

"I had a back injury at work and had to see an Exercise Physiologist for a period of time but then stopped seeing them. I decided that as I was starting to have more a bit of trouble again with my back that I should do something and started looking around for some good quality help and found that Josie, an Exercise Physiologist, ran a Strength for Life at the Anytime Fitness gym near me so I looked into it and joined.

The program has given me so much fitness and improved my health and given me the ability to do so much more, I can now spend more time in my garden which I enjoy. It's been great for my overall health and wellbeing. I went on holiday and was able to climb a mountain or at least most of it, which I would never have been able to do before joining Strength for Life. My strength and balance have very much improved.

Josie is so good and knowledgeable she is "One in a Million" she checks in with you all the time, she and the other staff are always there to assist, help is always there for a whole group of people with difference ages and abilities, and everyone is encouraged to give there best.

The whole group are so lovely and friendly, and I would absolutely recommend the Strength for Life program to anyone. It's reasonably priced, tailored for each individual and there are great instructors to work with you. Just do it you will feel so much better for it."