

Tony Carter

I attend two SFL sessions at Turramurra Highbury.

I started attending about 14 years ago, my wife had previously been attending.

I unfortunately had a heart attack and joined SFL to help complement and continue the work that had been done at the, Hampstead Rehab. Centre to assist my recovery. I was still working at the time and had a rather sedentary job and realized I needed to keep myself fit, to stay healthy.

I love the interaction with people of the group, and Karen our instructor is a marvel, she is a very caring person. The whole program is great for health and mental wellbeing.

I have absolutely noticed the change in my body I am stronger, fitter, I have a different focus on my wellbeing, and it helps complement my medical care health wise. My balance and strength are great.

There is good interaction within the whole group it's a highlight of the week for some people going to SFL as you can develop friendships and we are all there to help each other. My wife has developed some close relationships with some people within the group. We always celebrate people's birthdays and there is always a Christmas get-together.

Karen our instructor is fantastic, absolutely the best in the training field regarding your health and fitness. "She is a Gem" she has a great personality and can read people very well, she has a lot of life skills. She is able to put everyone at ease and is always there to consult regarding any changes needed to your exercise program.

SFL is really a tremendous program. I would recommend it to all mature aged people. This program shows what you can achieve with a little determination and work.