

## **Wayne Grover March 2025**

Wayne has been attending Strength for Life at the Unley Community Centre for 2 years.

"I originally connected with Strength for Life whilst attending dance classes at the Unley Centre and noticed an advertisement on the notice board, I knew that I needed to keep up and strength so decided to give it a go – best thing I ever did.

I love being involved in Strength for Life, I feel so good doing it in a well-rounded way. The muscles in my arms have improved and all the stretching helps me in my day-to-day activities, because I am more flexible and supple. I find the gardening much easier to do now.

There is more to Strength to Life than just the exercises, it's a great group, the social aspect is very important, which Kelly our instructor encourages. Some of the group go for coffee afterward and it's a great chit chat, where you laugh, enjoy and a place to find out different things happening in the community. It's very good in that respect.

Our instructor Kelly is very good, she explains things clearly, checks that you are happy and doing the exercises correctly and adjusts as needed. She is always there to assist.

I am encouraging anyone who is interested in joining Strength for Life, telling them that number one for me is the social aspect, great for my overall wellbeing. The stretching and movement, which is an overall help for my body, is also extremely important. I do tell anyone interested that I feel better now than I did 10 years ago – all due to Strength for Life!"