

CASE STUDY

GLL Better Centres Cardiac Rehab Phase 4 Janet's story



On being referred to the Cardiac Rehabilitation Phase 4 12-week programme at GLL Better Centres, I hadn't done any physical activity for several years, leading to me being initially hesitant. Once I started, I thoroughly enjoyed the classes and looked forward to each subsequent week. The exercises worked muscles I forgot I had, as well as stopping daily cramps I had been experiencing in my legs.

As well as the main physical benefits of the programme, it was also beneficial for my mental health. Interacting, socialising, and sharing stories with people on similar health journeys, helped to improve my confidence. As a result, I am more conscious of maintaining and looking after my health, I now even work out at home!

I want to thank Sean and the team for creating a positive environment that encourages growth and building confidence, as these, paired with the one-to-one sessions, have inspired me to make positive changes to my life.

