

CASE STUDY

LORAG Healthwise Scheme Female age 64 story



Before starting the 12-week course, I was diagnosed with Fibromyalgia and enduring a lot of pain and mobility issues. I doubted my ability before starting the course, but once I had spoken to Jim at the Shaftesbury centre, he understood the limitations and needs of the group, and I had no hesitation starting the course.

The group was small and friendly, and without exception everyone enjoyed the course, as it allowed each of us to work at our own level, as well as challenge us to push ourselves. The exercises were varied and tailored to my needs, and as a result, my overall fitness improved, as well as my range of movement and I am experiencing less pain and stiffness.

When the 12 weeks ended, I was disappointed, however, once I talked to Jim, and he set out an individual programme and coached me through the exercises and equipment, I was confident to continue with an individual exercise programme in the gym, to ensure I don't lose the benefits I have gained, and to keep momentum going on my health improvement journey.