

# CASE STUDY

## LORAG Healthwise Scheme Female age 65 story



I have just completed the 12-week Healthwise course with coach Jim at LORAG.

Throughout the course, I found the group very supportive, patient, and caring, allowing time for one to one whenever help was needed.

I learned a lot from the sessions, gaining knowledge of how to do exercises and use equipment which have helped me continue in the gym after the 12 weeks has finished.

Now the course has finished, I feel my overall fitness has improved as well as my breathing, and as a result, I have much more confidence.