

I came to the gym to help strengthen my left knee ready for an operation. My knee now feels stronger and I feel much fitter now overall. The biggest help the gym has been to me has been it has cured my depression. When I first started coming to the gym back in November 2014 I was slightly depressed but I soon got more depressed over a friends daughter passing away. I was taking tablets for my depression but they weren't really working I was gradually working harder and harder in the gym at each visit then one day after leaving the gym after a good workout I felt great. I have now stopped taking my tablets and it is the best I have felt for 2 ½ years (Since my father passed away). I have now joined the gym

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In June 2013 I received an injury to my right knee which severely affected my mobility. Prior to this I used to run and walk on a regular basis. As a result of the torn ligament and arthritis this all came to a very abrupt end.

Eventually I saw an orthopaedic consultant who basically said not a great deal could be done but to try and keep mobile. I n February this year my doctor referred me to the scheme at the gym at Maesteg swimming pool

As a result of the CARE INSTRUCTION AND MOTIVATIONAL SKILLS of the Trainer, I have made tremendous progress in my mobility and fitness but more importantly I no longer have pain or limp when walking.

He has literally given me my life back again so much so that it has inspired me to join the "Fit for Life" programme and also swim on a regular basis

I put this down solely to the initial course I attended with the trainer and would highly recommend the course to anyone who could benefit from it

Once again please pass on my sincere gratitude to the trainer – he is a very inspirational character

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I recently completed the GP Referral Programme and want to thank all the team for the support, encouragement and time they gave me , doing the course has been a massive help to me and as a result I am now able to walk more comfortably and my overall health and fitness has improved, this has impacted on my diet which is now much better and also my energy levels are greatly improved. Having suffered from arthritis and osteoporosis for many years I am now once again able to enjoy my life.

Following completion of the course I have since joined the Fit for Life at Halo and attend the gym a minimum of 3 sessions a weeks and the added bonus I have managed to give up smoking which is a huge achievement for me to once again thanks guys and girls without this referral service I would never have contemplated being able to so as much as I am now able to do