

Sobell Leisure Centre 60+ Active Leisure Scheme - Margaret

Around 10 years ago, Margaret was referred to the NERS programme in Sobell Leisure Centre. On completion of the NERS programme, she was encouraged to attend the exit route classes provided by the centre. She has been attending the low impact classes ever since. Margaret attends multiple classes every week, enjoying Low Impact Omnia and Strength and Balance the most.



How has attending the classes benefitted her?

The biggest impact from attending these classes has been on Margaret's confidence. "Before, I wouldn't talk to nobody and if I did talk, I was very quiet. But now, it has brought my confidence out and I'll talk to everybody, which I never would've done before."

Physically, the strength and balance class has been beneficial because it's helped with her hip problems. She's found that keeping moving has been beneficial to prevent other aches and pains. She previously had problems with her knees and the health professional she saw encouraged her to keep exercising to help prevent further issues. The classes have also helped her mobility. Her plan is to keep going to the classes as long as she can as she enjoys them so much and finds them beneficial.

What does she think about the centre?

"I love all the instructors. We always have a laugh! I enjoy coming, it's a friendly atmosphere."

What would she say to others, that are reluctant to try the sessions?

"It's been marvellous for me. Just come along and have a go. There's nobody watching you, we're all in the same boat. I went to exercise classes when I was working years ago, a gang of us used to come and I enjoyed it but I never had the confidence to come back on my own, but since I went through the NERS referral scheme and attended the other classes, I now have the confidence to come in and it's given me the confidence to come in and do my own thing too. I sometimes go to the gym on my own now because I've learnt what type of exercises I should do too."