



Wales National Exercise  
Referral Scheme (NERS)  
Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru

# SUCCESS STORIES

## BRYAN

Following a cardiac incident, I was recommended for the rehabilitation programme. I have been attending the referral scheme, 2 sessions a week for the past 16 weeks, at Llantrisant Leisure Centre. I cannot speak highly enough of this programme and the excellent professionalism of the trainers.

The programme has been invaluable to help me rebuild my confidence and general fitness following such a devastating diagnosis. I feel that with time I will regain full fitness for my age. Cardiologist, Mr Farooq Masood confirms that my blood chemistry and cardiac health is showing favourable improvements.

This programme and competent trainers have undoubtedly promoted my recovery and general feeling of wellness. I feel fortunate that this facility was available to me at this unsettling time of my life, and would highly recommend it.

**FEELS HEALTHIER**



**FEELS HAPPIER**



**MORE CONFIDENT**



**MORE ACTIVE**

