



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

SUCCESS STORIES

DARRYL

I was referred to NERS by my consultant after breaking my left femur in a cycling incident. I thoroughly enjoyed the programme. The reduced cost makes the programme available to all. I enjoyed being in a small class because the exercises could be tailored to meet my requirements.

Following the 4 month plan I was provided with reduced rates to encourage me to continue my recovery and prepare for further surgery. After this period I decided to keep my monthly membership. Keeping my injury strong not only prepares me for a quicker recovery after secondary surgery, but also provides me with focus and avoids me feeling sorry for myself and having low self esteem.

I've never really been a gym person, but once you know the machines and how they can focus on your injury - it becomes addictive and satisfying both physically and mentally. I can't recommend the scheme enough.

FEELS HEALTHIER



FEELS HAPPIER



MORE CONFIDENT



MORE ACTIVE

