



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

SUCCESS STORIES

GRAHAM

I was referred to the NERS scheme by my GP, as I have the onset of arthritis. I met with Corbin at Rhondda Fach Leisure Centre and I must say I went in as a non-believer. But from the start Corbin made me feel relaxed and was very encouraging.

It was felt that NERS would help my flexibility which was very limited. I cannot praise both Corbin and Jake enough for their coaching and encouragement and I have not only lost weight but my flexibility has improved immensely. I have been to private gyms in the recent past and have not enjoyed the experience but I feel so good with what they have taught me that I have signed up for full membership and will continue to seek their support.

Thanks for employing two great people that have improved my quality of life. I am not the only one on this course that is saying this, talking to the other people they all agree their lives have been changed for the better.

FEELS HEALTHIER



FEELS HAPPIER



MORE CONFIDENT



MORE ACTIVE

