

# Enthusiastically



*I feel happy after the exercise.*

*Better outlook, look forward to classes.*

*I expected to be exhausted after the strenuous class but was delighted to find myself striding out exuberantly.*

# Gaining



*Yes. I've learnt new exercises and enjoy the friendships and socialising.*

*I have regained confidence in myself. The "blue" feeling is diminishing,*

*Yes. More flexible and finding things such as doing up my bra! so much easier – small but important flexibility. Fine motor skills returning*

# Physical



*Lower blood pressure, more flexible, stronger, better balance.*

*Backache that I used to have has gone thanks to stronger back muscles.*

*More energy. Joints much looser – less pain.*

*Greater freedom of movement, less lower back pain and immobility.*

# Emotional

*Pleasant social contact and break from responsibilities.*

*I enjoy the company*

*Confidence in managing uneven ground on walks.*

*Great fun!*



# Wellbeing



*General sense of well being.*

*My rheumatoid arthritis has decreased. Less pain & more flexibility in joints.*

*After gym meeting I find I feel a lift in my spirits.  
My mindset & more positive approach to dealing with  
my medical difficulties.*

*Sleep well*

# Independence

*Having taken part in the Reachout program from the beginning I feel that the exercise has gone a long way towards keeping me fairly fit & healthy for my age (85).*

*More confidence in doing everyday tasks.*

*Can use my very heavy saucepans without fear of dropping them.*

*Can get out of the bath on my own again*