



Real Results

Read Joanne's Story.....

Joanne joined the Dolphin Centre Gym in October 2015.

She wanted to feel better about herself, lose weight and meet new people. Joanne has always been into fitness and loved the social side of visiting fitness centres and gyms but with family commitments and work circumstances this slowly started to take a back seat.

No Exercise and Eating Badly

With a husband in the Army and two children, Joanne has always found it hard to maintain consistency with what she ate and also finding the time and place to work out.

After Joanne married, her family were constantly on the move, in and out of hotels and moving to different towns. Joanne was out of a routine, eating badly and wasn't exercising - her weight slowly crept up and she found herself uncomfortable and unhappy with her body.

Moving to Darlington

In August 2015 Joanne moved to Darlington and joined the Dolphin Centre Gym in October 2015 with her induction with Stuart. She was given a structured routine with a mix of cardiovascular exercises and weight training.

Since October 2015 Joanne has been working out at the Dolphin Centre Gym weekly.

Weight Loss

With an achievable training programme and a member of Slimming World, Joanne has lost a considerable amount of weight and feels amazing!

Joanne was 15 stone when she joined the Dolphin Centre Gym in October 2015 and she is now only 10 stone (June 2016). She would like to reach her personal goal of 9 ½ stone by the end of summer and then maintain this weight in the future.

Exercise is so Important

Exercising and keeping fit is really important to Joanne, it makes her feel really uplifted and gives her lots of energy and makes her feel more active and motivated when it comes to playing with her two children. Feeling fitter helps to keep her children happy and active.

Support All the Way!

At the Dolphin Centre Gym Joanne has been given continued support and guidance from the two Instructors, Stuart and Julie. They are always on hand to help her with new exercises or to motivate her on the days she doesn't feel up to it. Another Dolphin Centre Gym instructor who has had a huge influence on Joanne is Shirley, who works out regular in the gym. She works really hard and you can see the results – Shirley's motivational words stay with her and help keep her going.

Joanne's Advice for Others

"It may be hard to start at first but stay focussed and keep going – you will get there!"

"Don't be embarrassed about your size, just be yourself"

Why the Dolphin Centre Gym?

"The Dolphin Centre Gym is well equipped with everything that is needed to work the whole body, along with great instructors on hand throughout your session for guidance, support and motivation. Staff are all very friendly and make you feel really welcome"