



## Real Results

### ***Read Alan's Story.....***

Has multiple sclerosis (MS) – a long-lasting disease that can affect your brain, spinal cord, and the optic nerves in your eyes.

The 52-year old has trouble walking, often feels tired and can find daily tasks a real struggle. Before his MS diagnosis, Alan hadn't done any regular sport or physical activity.

After joining the Dolphin Centre gym, he was given a tailored programme to work on with specific exercises for his needs and ability – this is refreshed every six to eight weeks.

The change in programme makes it more interesting and challenging for Alan and helps him to maintain his progress. His confidence has grown since joining the Dolphin Centre gym. He can really feel the difference, his posture has improved, along with both his physical and mental health.

Alan really likes the space in the gym and the easy access to the equipment. The instructors make him feel really welcome and comfortable, they provide great support, knowledge and assistance when needed.

Alan feels he can challenge himself in the gym which gives him a focus – he is working on progressing his time on the arm bike and eventually finding the confidence to get into the swimming pool.

*"I love coming to the Dolphin Centre gym, it has made me so much more confident and happier. I can really feel the benefits. It's a great place to come, I feel so relaxed here and staff make me feel so welcome and they are so easy to talk to. The facilities are excellent for people with limited ability".*