

# Josh's Story



I was introduced to the Active Lifestyle Scheme in 2015 by my Macmillan nurse.

At first I was extremely nervous, intimidated and felt out of my comfort zone as I hadn't socialised with anyone for almost a year due to cancer. I had a stem cell transplant and was kept in isolation for most part of that year as I was highly infectious.

When I arrived at the gym I was introduced to Neil who welcomed me to the team and showed me around. We did a fitness test to see where I was at present and he asked where I wanted to be in 12 months' time. He devised a fitness programme and gave me a 6 month workout plan to help rebuild my stamina and strength over a course of 6-12 months.

Neil and Ben made me feel at ease, I felt confident talking to them as they listened and were always so helpful. I was made to feel part of a team, worthy and made to feel that I could actually achieve something in my life and get back on track with my health.

At the beginning it was very difficult to carry out any form of exercise as I hadn't been pro active for over a year. Neil and other members of staff were quick to motivate me and helped bring my confidence levels back on track. At times I was an emotional wreck, I felt it was an uphill struggle and thought I'd never be able to do the simple exercises.

“ It has genuinely transformed my life ”

As I built up my stamina over time, Neil introduced me to other exercise equipment to build my strength and confidence. I was also introduced to gym classes like circuits and spin classes. I felt terrified at first as I had to learn to socialise with other people which was totally out of my comfort zone but Neil was always there to see if I needed any extra support.

Having been suffering with cancer for so long, it has genuinely transformed my life. I feel a lot more positive and enthusiastic since attending the gym and being part of this scheme. I wouldn't have achieved so much if this scheme wasn't in place. I hope more people become aware of this service as it would transform their lives like it has mine.

Unfortunately, I've had to stop going to all classes as my cancer returned early this year, however, the staff have been extremely supportive and caring, especially Ben and Neil. They always find time to advise, motivate and assist me whenever things get too much.

If it hadn't been for Ben, Neil, the fantastic staff at the gym, and this fantastic scheme showing their support and care on a day to day basis, I wouldn't be where I am today!

**Neil**  
Gym Instructor

***“Josh always comes to the Braunstone Leisure Centre with a smile, trains hard and is super friendly with everyone. During my 28 years in the council he has impressed me the most, with a never give up attitude. It is an absolute pleasure to train him”.***

# Nitin's Story



In 2013 I was diagnosed with a brain haemorrhage which came as a real shock. I was operated on straight away and was in recovery for 9 days at the hospital and 3 months at home. At the time I was 16 ½ stone and on medication for high blood pressure and taking pain killers regularly.

In 2014 I was referred to the Active Lifestyle Scheme by my GP. It was the first time I had ever been to Braunstone leisure centre and was expectedly nervous. However, I was determined to start leading a healthier lifestyle so approached my first session with a positive attitude. I was welcomed onto the scheme with the offer of support from all staff and together we discussed what it was I wanted to gain from the scheme. I was set up with a basic 3 month program to get me started, which consisted of some light walking on the treadmill and basic weight training. I started to build my

confidence and see the things I could achieve, like running again, which I enjoyed when I was younger. This became my motivation and we gradually increased my program as the months went on. I became confident in running outside and set the goal of running a half marathon.

“ I now feel like a completely different person ”

I saw so much improvement in my condition, I no longer took pain killers, I was able to come off my blood pressure tablets and I started to lose weight. Overall I felt better and more secure in myself.

I ran my first half marathon in two and half hours, happy with my time but still wanting to do better, this was the beginning of me completing 7 half marathons in one year! The last one I ran in 1 hour 58 minutes!

Within the same year I was nominated and won the Active Leicester Award at the Leicester City Council Sports Awards 2015. This meant a lot and only

inspired me further to keep pushing my running by signing up to the London Marathon for 2016.

In 14 months following the Active Lifestyle Scheme I completed 10 half marathons and the full London marathon. I now feel like a completely different person. I have lost 4 stone, regulated my blood pressure and feel I am living a happy and healthy lifestyle.

Without the support and guidance from Braunstone leisure centre staff and the safety of exercising with the exercise referral instructor to begin with, I would not have reached this fit and healthy stage in my life.

#### **Ben**

Exercise Referral Instructor

***“Nitin is a huge inspiration to me and many other Active Lifestyle Scheme users. Not only because he has recovered from such a deteriorating condition, but how committed he has become to using the gym facilities. He has never used his illness as an excuse to not exercise”.***

# Henrietta's Story



I started on the Active Lifestyle Scheme to lose weight to help aid my condition. I started attending aqua sessions at Cossington and in turn this inspired me to change other aspects of my life, such as healthier eating and drinking more water.

Being on the Active Lifestyle Scheme provided me with support and guidance and I now feel much fitter and healthier for it.

I now come to aqua classes four times a week

and circuits twice a week where there are brilliant instructors who I enjoy attending the sessions with. I wake up every morning looking forward to attending my sessions and I catch two buses to get to Cossington which I previously would not have done.

**“ I feel much fitter and healthier for it ”**

I enjoy coming to Cossington as you get to meet new people and create friends. After 6 months free usage on the Active Lifestyle Scheme, I now pay to attend the classes and I reap the benefits so it is worth it.

**Jarvis**  
Gym Instructor

***Henrietta's commitment and change of lifestyle to food and exercise has definitely paid off. Henrietta is a regular attendee at the Aqua aerobics morning sessions, sometimes more than 3 times a week, and also attends exercise classes in the sports hall.***

***Within a couple of months there was an obvious change to her health. More over, her demeanour is one of a much more confident and bubbly person. She has also made many new friends.”***

# Roger's Story



Following major heart surgery at the end of September 2014 at Glenfield, the hospital suggested that I attend the Heart Smart Rehabilitation Programme at the Spence Street Leisure Centre.

The prospect of participating in exercise at the gym at the age of 75 initially gave me some cause for concern. However, I was immediately put at ease by the Qualified Exercise instructor, April Alcott.

I was monitored closely in the early days of my twice-weekly circuit training fitness programme. Now

**“I was immediately put at ease by the qualified Exercise Instructor”**

twelve months later, I look forward to attending both sessions and I am now able to control my own physical activity level under the watchful eye of April.

This programme has given me the confidence to get on with my life and not worry about my heart.

## **April**

Exercise Referral Instructor

***“Roger puts everything into his exercise, he tells me ‘he has come to do his best and that’s what he will do’.***

***He is always pleased when he can better himself so sets himself small challenges to do just that.***

***He has never missed his exercise session unless he has been on holiday, is always willing to help in any way he can and is a pleasure to have in the class”.***

# Kanchau's Story



In 2013 I underwent a triple bypass, prior to that I was extremely unfit. My health was poor, I had no confidence in myself and I struggled with day to day tasks.

After my operation I was referred to the Heart Smart Rehabilitation Programme. I am a completely different

person today! I attend Spence Street Leisure Centre 3 times a week.

I've lost so much weight, I feel fitter, my confidence has grown tremendously and I am so much happier with myself.

**“ I am so much happier with myself ”**

My trainer April Alcott is my saviour. She's given me so much support, encouragement and confidence from the day I started there.

## **April**

Exercise Referral Instructor

***“Kanchau, or ‘Anu’ as we call her, joined the Heart Smart scheme after having a triple bypass. When she came to see me she was very nervous and had little confidence in herself.*”**

***It has been a pleasure to watch her blossom as her health and fitness has improved. She now has much more confidence and is not shy to show it by encouraging others to follow her example and take up exercise.”***