



Real Results

Read Mel's Story.....



Mel had been overweight for a long time; it was getting her down – she no longer had the energy to run around after her children. She desperately wanted things to change.

A visit to the local surgery changed everything. The doctor recommended 'Exercise on Prescription' and referred her to the Dolphin Centre.

Mel wasn't new to the Dolphin Centre, she regularly went swimming with her children.

Mel was assigned to Vicky Grant in May 2015 who then set her up on a programme of healthy eating and exercise. Mel was also advised to write a food diary and Vicky would monitor this to help make recommendations, such as food swaps to keep her on track.

Exercise on Prescription

Feeling down about yourself can leave you feeling low in energy, which may also put you off being active. Regular exercise helps improve your well-being and it's especially useful for people like Mel who suffer from low moods.

Exercise you enjoy helps you stick with it

Mel enjoyed going swimming with her children at the Dolphin Centre but wanted to do a more social activity for herself. As well as continuing swimming at the Dolphin Centre, Mel joined the

Aqua Aerobics session with Keith on a Sunday evening, which she loves. It is a fun way to keep fit and make new friends. Mel felt really comfortable attending these classes.

Mel's training plan consists of a variety of exercises, such as the bike, treadmill, cross trainer and a few weights. Mel has also started running on the treadmill now that she feels comfortable and trains for 1 & ½ hours, three times a week along with the weight loss group, Slimming World.

Clothes shopping is now so much more exciting!

Clothes shopping was always a dread for Mel but now she loves it and fits into a size 18. She used to wear dresses over the knees to cover her legs but not anymore – her wardrobe has completely changed!

Even her knee high boots fit perfectly now that her calves are smaller.

Achievements so far

Mel feels so much more motivated, focussed and confident and has so much more energy to be able to run around with her children. She can focus on her wedding day being the best day of her life as she prepares to get married at the Dolphin Centre

She has made new friends, is much more sociable and feels the Dolphin Centre gym is very welcoming.

Mel feels like a new person – she has never felt so good!

Advice for others...

“Don't be afraid; just do it!”

Weight Loss

Mel has lost 4 ½ stone so far since May 2015.

Always consult with your doctor before exercising