



Real Results

Read Sam's Story.....

Sam went from a dress size 12-14 in 2015 to a dress size 8 in 2017

Sam Bakes was out of shape and unmotivated, didn't eat well and never exercised - until she took advantage of the Get Results Service at the Dolphin Centre Gym in March 2015. Before this, when she joined the Dolphin Gym in 2011, Sam was came really irregularly and just did cardio.

Time to get beach ready

A holiday with the girls encouraged Sam to think about getting fit and healthy. Introduced to one of the Dolphin Centre Gym Instructor, Kris, she began a programme of fitness and nutrition. While working with the Get Results Team, Sam started to notice changes, especially how she felt about herself. Her clothes began to feel much looser and she had more energy.

Becoming more defined

More recently, Sam was introduced to Eddie, another experienced Instructor of the Get Results Team who gave Sam knowledge and support in getting the results she wanted. Here she worked on more strength and resistance training, focusing on building lean muscle. Sam noticed a difference in her shape and became more defined, whilst burning body fat at the same time!

Working on the body and mind

Sam's friends and family noticed the change in her well-being and the physical changes were clear to see. Under the instruction of Kris and Eddie's programme which incorporated more strength work there were even more noticeable changes in the months to come. With her newfound knowledge of fitness and nutrition, Sam began to become really interested in learning more about the body and how it works. Sam had now learned that not only was it important to look after your body but it's also really important to look after your mind.

The Get Results Team have inspired Sam

Sam felt so confident in herself that she embarked on a life-changing trip to Asia alone, which she wouldn't have even contemplated before joining the Dolphin Centre gym. Additionally, Sam completed a Tough Mudder (a gruelling assault course over a 20km distance) and climbed Helvellyn, the 3rd biggest mountain in England.

Sam describes the Dolphin Centre Gym as friendly and has a community feel. It is this welcoming and inspiring environment that has significantly contributed to Sam's self-confidence. Being able to socialise in the gym and chat with like-minded people have really helped Sam with feeling good

about herself inside and out. Without the support and motivation from the Get Results Team, Sam would have never pushed herself to achieve these great things.

Career Change for Sam

Sam had already studied Psychology at University so she has a good understanding of how the mind works, with this understanding and the new knowledge she had gained from the Get Results Team she decided to peruse a Master's Degree in Physiotherapy. This was to both complement her Psychology degree but to also gain experience and knowledge into how to restore movement and reduce the risk of injury or illness in the future. The Career shift all came from the expertise advice given to her by the instructors at the Dolphin Centre Gym.

Credit to the Get Results Team

Sam even gets asked questions about exercises and nutrition by some of the other gym members – which is credit to the Get Results Team.

Sam really enjoys going to the Dolphin Gym and believes it's like being part of a family.

“The environment is so welcoming and feels like a small community. Thank you to the Get Results Team for enhancing my life experiences and opening gateways to new opportunities.”