



## Real Results

### ***Read Barry's Story.....***

Barry has led an active lifestyle with regularly playing football since his school days.

He trained twice a week and played a full game every weekend up until his mid 40's.

Barry's football mates started going to the Dolphin Centre gym alongside their weekly 5-a-side games.

They encouraged Barry to join so he started to go twice a week. So, instead of playing football, Barry started training in the gym and also started a circuits and boxercise class in the evening once a week.

Barry retired from work so he had more time for the Dolphin Centre gym and became a full gym member.

He takes part in the daily NRG Blast sessions in the Dolphin gym. Barry hasn't got a set programme but he's happy to get on with his own training, doing cardio and a few weights.

Barry has been generally fit and healthy most of his life and only ever visited the doctor once until recently. He had been struggling with his breathing and was concerned, so a trip to the doctors had discovered he had blood clots on his lungs. He was prescribed medication and told that he could no longer take part in contact sports. Barry uses an inhaler when he exercises but this doesn't stop him from his regular gym visits.