



Real Results

Read Cliff's Story.....

Cliff has always been fit since he was a young boy – always playing football on the school field or out running with his mates. He always played a full 90 minutes of football each weekend and a few games through the week.

As Cliff got a little older he started to experience problems with his knees – the doctors told him to stop doing so much running or he'll end up needing a knee operation.

At 40 year's old, Cliff decided to stop running to prevent any further problems with his knees and thought about trying something different to keep fit.

Cliff spoke to his doctor who referred him on to the Dolphin Centre's Referral Scheme. He started going to the Dolphin Centre as a 'casual' member at first visiting the gym twice a week – he had limited availability when he was working full time.

Vicky Grant worked up a tailored programme for Cliff which involved strengthening exercises for the knees and cardio on the stationary bike. After a few weeks of regularly visiting the gym Cliff could see a huge difference in his knees - He wasn't experiencing any pain.

When Cliff retired from work he joined up as a full member of the Dolphin Centre gym. He just focusses on his own programme – a regularly changeable routine. As part of his membership, Cliff uses the Tanita scales each year to make sure he's still fit and healthy. He just wants to maintain a healthy lifestyle so he uses the Tanita scales mostly as a guide and tool.

Cliff takes part in the NRG Blast sessions every time he's in the gym. He has been doing these classes for the last 3 years and loves it. The NRG Blast sessions are great for when you are short for time and want to squeeze in a workout during your busy day. The session is a 20 minute high intensity workout that gets the job done in less time.

"I love going to the Dolphin gym, it's like a social and it keeps me fit, healthy and active – it's an important part of my life. The Dolphin gym staff are really friendly and very knowledgeable, welcoming and supportive. I love the new technology that has been installed. I'm really happy with the new look male changing room after the recent refurbishment too."