



Real Results

Read Brian's Story.....



Life After a Stroke

8 years ago Brian suffered a mini stroke and everyday life changed for him. After 18 months recuperation, of not doing any work or physical activity, Brian decided it was time to get fit again and play the sports he loved. After having the stroke, Brian and his wife thought it best to move to a smaller, more manageable property so they chose to downsize and move to Darlington.

Ready to Get Fit

As Brian started to feel stronger after his stroke, he decided to do something to get himself fit. His son suggested going to the Dolphin Centre gym as a pay as you go casual member and soon he was going 4 times a week. Brian felt so welcome at the gym and really enjoyed his time there so he decided to sign up for a full senior membership.

Never Felt so Good

Brian would recommend the Dolphin Centre gym to anyone, he says it's good for him to get out of his usual environment, meet new people, socialise and have something to get up for in the morning. Joining the Dolphin Centre gym has really boosted Brian's confidence and motivation and he has never felt fitter. He has been a member of the Dolphin Centre gym for over a year now and has seen a noticeable difference physically and mentally. He has met friendly people, shares jokes and chats with lots of friends.

Setting Personal Goals

Brian is really self-motivated in the gym and he likes to set himself a target, something to aim towards his own personal challenges – that’s what keeps him going, his drive to improve his fitness.

Brian Hasn’t Always Been So Fit

The last 10 years of Brian’s working life as a pub landlord, with long working hours and no play, revolved around work with no leisure time to unwind or take part in healthy activities. He was constantly tired and run down and didn’t have a positive outlook on life. Brian now has a great outlook on life and believes that the Dolphin Centre gym keeps him fit and active and also contributes to his an active mind.

Brian’s Latest Challenge

Brian loves a bit of speed roving and has set himself a few targets.

His first target was to complete 4,000 metres in 22 minutes and his second target was 7,000 metres in 42 minutes. He has beaten both records he set for himself by 2 minutes.

Brian can walk out of the gym with personal satisfaction having completed his challenges, it keeps him motivated and gives him a positive outlook.

“The Dolphin Centre is an ideal place to come, it has everything that you need for quality leisure time, the facilities are superb and the centre’s staff are always very friendly and supportive towards your needs. There is always a smiling face to greet me when I walk into the gym. I especially love the friendly banter. I have more motivation than ever before and really enjoy my time in the gym. I also think that it’s great value for money for the facilities and service you get at the Dolphin Centre”.