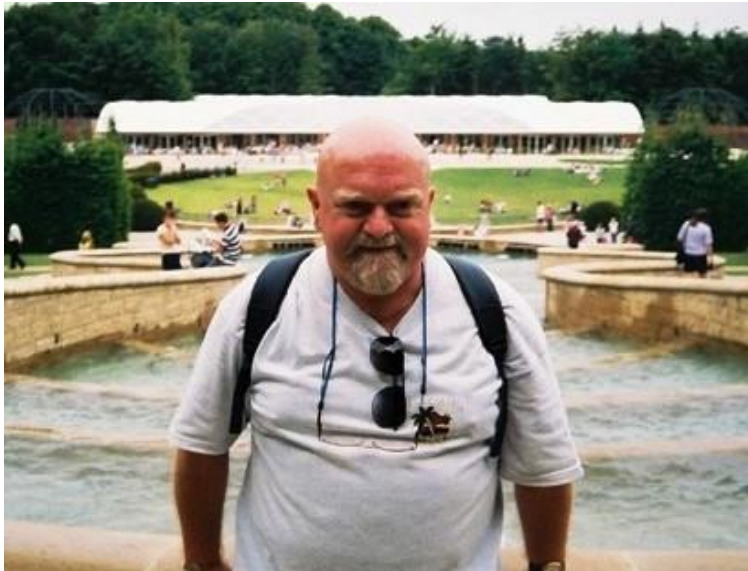




Real Results

Read Ken's Story.....



GP Referral

Six years ago Ken had his annual check-up at the doctors and it came apparent that he was border-line diabetic. At this point, Ken knew he had to do something about it, his lifestyle had to change.

The GP referred Ken to the Dolphin Centre Gym and he was assigned to one of the Get results team instructors. Ken booked in twelve 1.1 sessions at the Dolphin Centre Gym and he attended three times a week. Before going to the Dolphin Centre Gym, Ken had not done any form of gym exercise since he left school.

Once Ken got into his programme he soon started to feel better, he had more energy and felt more confident. He visited the doctors after the twelve sessions with the Get results team and was amazed to find that his blood sugar levels had dropped and that he was of less risk of diabetes. Ken then signed up to the Dolphin Centre Gym on the Senior Membership package.

Keeping the pain away

Before Ken joined the Dolphin Centre Gym he was 2 stone heavier, and had osteoarthritis in his knees. Today, Ken doesn't struggle with pain – exercising and keeping active help keep the pain away. Ken also believes in complementary therapies that work alongside his training programme. First thing on a morning Ken will perform Reiki on himself - Ken is a Reiki Master Practitioner Teacher. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Later in the day he will do Transcendental Meditation for 20 minutes, twice a day.

Every 6 weeks Ken is set a new programme within the Dolphin Centre Gym, this helps to keep things interesting and improve progress. Ken uses most of the weight resistant machines and cardio equipment and benefits greatly from the Mywellness account that he uses at home or when he's on his travels – you can access Mywellness account anywhere! Mywellness monitors your personal progress at the Dolphin Centre Gym and in the Dolphin Centre pool.

Happier and more confident

Since joining the Dolphin Centre gym, Ken's knees, legs and lower back are in really good shape and he doesn't suffer from any pain like he used to. He is much happier and more confident and loves the social side of going to the Dolphin Gym – he has met lots of lovely people.

Feeling Young Again!

Ken continues to mix up his programme and works alongside several members of the Get results team. He feels 30 years old again!