



999 FITNESS EMERGENCY

As a busy father of 2 boys Daniel juggles family life with his job as a Paramedic. Having struggled with his weight since childhood he recently embarked on a fitness and weight loss journey with the help and support of Applemore Health and Leisure Centre.

To be able to work as a paramedic I had to finish my degree, so I had two years of study and placements. During my time at university, the usual happened, with a sedentary lifestyle and bad habits creeping in I found my weight increasing significantly. I finished my degree last year and in April I decided enough was enough, and I needed to do something about my weight. I decided to join Slimming World, and started attending the weekly meetings. I also decided to take a look at my fitness; I had never worked hard in the gym or pushed myself too far. I had been a Fitness Direct Member at Applemore for several years but I had been a reluctant attender and didn't really give it my all.

SOMETHING DIFFERENT

I needed to try something completely different so I started doing Pilates with Kathy, and really enjoyed the class. I had always thought that this was people laying around and stretching a bit, but I was totally wrong. Pilates has been so good for my overall health. It has increased my strength, mobility, suppleness and wellbeing. It is by no means an easy class, and I can really feel the effect for days afterwards. I always thought that Pilates was predominantly a female class, but now I wouldn't miss it from my work out regime for anything. It has really helped me at work with lifting, and due to the additional core strength I experience significantly lower risk of injuries at work. At the same time, I started attending Body Attack with Jen. The first few classes I attended I thought I might

not be able to finish, and by the end I was soaked through to the skin, but the encouragement received from Jen and the other members of the class really kept me going. Jen mixes the classes up so that they are always interesting and never get boring.

POSITIVE CHANGES

I can really see and feel the difference now; I have gone down two sizes of uniform at work and can see changes in my whole physique. One friend walked past me in the street a few weeks ago, and didn't recognise me, so the difference seen by others is obvious as well. I have never been a fitness fanatic, but the classes, the support and encouragement I get from the staff and members at Applemore have helped me lose almost 4 stone (and still going). I can now play football with my sons Toby and Harry without getting exhausted and having to stop, something that is so special to me.

At work I recently applied to join our Hazardous Area Response Team. In order to join this team candidates have to pass a swimming fitness test, a cardio vascular fitness test and physical strength test as well as several other work specific assessments such as confined space and working at height tests. I have been successful in joining the team, something that would have been unthinkable to me just 12 months ago, but with the support of Kathy, Jen and the other members at Applemore I have achieved this, and I have now started my training and I love it.

Pilates

What you need to know

Pilates aims to strengthen the whole body, with particular emphasis on core strength to improve general fitness and wellbeing. Developed by Joseph Pilates, who believed mental and physical health were closely connected. Practitioners say regular

pilates practise can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. Pilates is a low-impact form of exercise, so injuries are uncommon. Source NHS choices