

Members of the Month

Why did you become members of the Wellness centre?

Jill: I became a member after I had a bad accident. I broke my leg and knee, I was in a wheelchair for six months and it took a long time to learn to walk again.

Debs: I joined the Wellness Centre just before Covid on the recommendation of Thorpes Physio. I had been having some problems with a couple of slipped discs in my neck and also had some joint problems. The physio thought that aquafit and swimming would be good gentle exercise.



Names: Debs Buckingham (L)
& Jill Maidment (R)

Why do you make fitness a priority?

Jill: I've always been very active playing squash, tennis and step aerobics so when I knew I could come to HL and do aqua I didn't hesitate to join after my accident.

Debs: I'm hoping exercise will keep me fit so that I can enjoy a long healthy life and stay agile enough to keep up with my little grandson who's growing faster than a runner bean!

Personal achievements:

Debs: Until recently I had never been in a gym in my life so I would say my best personal achievement has been taking part in the Healthy Heart class.

Both: We have both noticed an improvement in how much we can physically do each week and have felt the benefit in our joints.

Favourite activities:

Jill: I've now started doing Total Balance and Healthy Heart. I also enjoy meeting like-minded people and having a social interaction with them.

Debs: I try to do three classes a week and really enjoy the social aspect. Everyone is so kind and friendly so it's easy to make friends.

My favourite activity at the centre is Aqua on a Monday afternoon and I particularly enjoy the weeks that we do circuit exercises.