

### Elizabeth's Story

'I am 80 years old and live in the Gallowgate. I currently attend two Vitality Step In classes at Crownpoint (Tues) and Gorbals (Thurs).

I have had trouble with my left knee since a fall when I was 38 and it had been giving me more problems and pain. In 2016/17 I was attending a physiotherapy clinic. However, appointments were few and far between and not resulting in any progress. One of the physios mentioned that they could recommend classes, so I started Vitality sessions in September 2017.

In the past when my knee went out, I could not walk without pain. To my surprise, I have found that after going to a class with my knee 'out' the pain has gone by the end of the session. I have also noticed that there is a definite reduction in the amount of times my knee goes out.

I have always been interested in keeping fit and have joined many classes through the years. The thing I notice that is different with Vitality classes are I never dread going and only miss them for valid reasons, not excuses. Our trainer Lauren is always the same, enthusiastic, encouraging and friendly to everyone. I love the music which is from my youth and like the other members of the classes - they are all very friendly to everyone.

It is great that you don't have to buy fancy gear and everyone is there to get fit and not show off. I tell everyone I can how great the programme is! So much so I have become a Glasgow Club member and hope to increase the number of classes per week from now. I could never afford to go to health clubs as a pensioner and having been such a "rolling stone" I live off a government pension only.'

