Physical Activity to Improve Health

Physical activity can be used to manage health conditions.

David, Wellbeing Coach based at Southmead Development trust, had been supporting an individual with Fibromyalgia. As a result of the sessions with David, she started to use the gym at the Greenway Centre following a programme created by David.

After completing the sessions with David, she is using the gym 3 times per week, and has had no Fibromyalgia flare ups. She progressed her programme, doing exercises that scared her initially, and feels ready to start doing resistance training.

She's so happy with her progress and is now supporting and mentoring others with fibromyalgia conditions, to show it can get better through exercise.