

Fit for life

Many of us have probably made some plans this year to improve our health and fitness, and quite right too...what could be more important?! But we all need a little help to get going on this path, and having the right advice to guide us can make all the difference.

Be Well Barn, located in Redlingfield, near Eye, is a purpose-built health and fitness centre that also provides a premium spa experience. This oasis of wellness is proving to be a very safe pair of hands for those who want to boost their fitness and turn their lives around as well.

One of their clients, David Porter, is a perfect example of this in practice. Doctors told him that improving his fitness would

enable him to have vital cancer surgery and that his recovery would be quicker, too.

David, who is nearly 70, became a member of Be Well Barn, where personal trainers supported him to become stronger, more flexible and improve his balance.

He said: "Angie, my personal trainer, was instrumental in developing safe and easy to follow fitness regimes to achieve my goals. I enjoy weekly Yoga and Pilates classes, and my wife

and I train in a Fitness Pod together most weekends too.

"The whole team at Be Well Barn are amazing. They supported me even when I couldn't attend sessions, and now I'm looking forward to going back soon to prepare for my next round of cancer treatment."

For more details call
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