



Be well, feel great

If you want to shed some weight and improve your physical wellbeing with the support of a great team of fitness professionals, then take a tip from Jeff Wilson, who lost three stone with the help of Be Well Barn health and fitness centre, near Eye.

Jeff, who is 66, felt overweight and lethargic, but decided to join Be Well Barn to boost his fitness, lose weight and make a few new friends as well.

"I had a very unhealthy lifestyle, and I knew I needed to make some changes for myself and for my family too," said Jeff. "The team at Be Well Barn helped me to transform my life and lose three stone, working out in their discreet fitness pods, so it was a very personal experience.

"This has been a huge achievement for me and a revelation in terms of my overall health. I can now walk a lot further without being breathless,

I go for a cycle ride instead of using the car, and it's much easier playing games with my grandchildren.

"Whenever I go to Be Well Barn I feel so much fitter, relaxed and energised and have more confidence. It's such a wonderful place to get fit, meet like-minded people in beautiful surroundings, and I love the social and wellbeing events because they focus on fun and laughter."

Joint owner, Will Edwards, said: "We were delighted to help Jeff with a structured weight loss programme. Like all our customers, we see him and his wife as friends."

For more details call 01379 831565, email hello@bewellbarn.co.uk or visit bewellbarn.co.uk. Come and see us and enjoy our cafe and bar, open to non members 7 days a week.
