

## Case Studies from the activ8tme programme during 2015

"I go to Tracey Szymanek's Zumba Gold classes and the benefits I have reaped are outstanding. My health, wellbeing, confidence and weight have all improved. I now also attend her Legs Bums and Tums for beginners and love it. She makes all of her classes fun and enjoyable. My BMI has gone from 38 to 28, my blood pressure is now bob on. My cholesterol is also down from 9.5 to 6.4 and my weight has now gone down by 3 and a half stones. I am over the moon! I do put all of my success down to the activ8tme programme and Tracey. I have attached my 'before' and 'after' photos so you can see for yourself how good they are and I would like to say Thank You."

**Cath Browning**

"I've been coming to the activ8tme sessions since it started. I've lost 2 stones. The classes are so much fun, I don't feel like I am exercising and the instructors make it so much fun. Each week I attend Legs Bums Tums, HIIT, Tea Time Top to Toe workout and Zumba. Tracey, Gina, Laura and Noreen are absolutely brilliant and keep me motivated. You can come to the classes as many times as you like as they are so cheap (but expensive if you come as many times as me, ha). I would just like to say a huge thank you to activ8tme, you have inspired me so much and I have made so many friends."

**Jackie Whelan**

"Going to Zumba Gold has got me back in touch with old friends and you can go in a class feeling a bit down and come out feeling happy. What a good tonic that is! Looking forward to the new Tone classes in February."

**Elaine Taylor**

"I had always wanted to go to a Zumba class and finally took the plunge. I now go to Zumba Gold and I am going to try the Salsa class this week. What I liked was that everyone was so friendly and helpful and if you made a mistake, it didn't matter, it's a real good laugh. Now my mum's joining as well. I initially joined to lose weight for my holiday and to get me active as I am retired due to ill health, its done me the world of good and put a spring in my step."

**Jake Ashton**

"We're amazed at how popular the class is becoming and the numbers are growing by the week through word of mouth. It's a very friendly group and everyone is enjoying it. A lot of the ladies haven't done Zumba before but we're all having lots of fun and hope we can keep it going."

**Janet Brookes**

“Hello, I would just like to praise one of your Zumba leaders Tracey , I now go 3 times a week to her classes Burnside, Demesne and Alkrington all are very good. She's bubbly and fun. Keep up the good work and thankyou Tracy.”

**Janet Reeves**

“I love all the sessions and thanks for your input – I really appreciate it.”

**Julie Anne Forbes**

“Zumba Gold is a good fun exercise programme which lifts your mood. This is the only programme in this area, as it is local, it encourages me to come every week. I enjoy coming every week to meet different ladies. Coming to Zumba Gold has improved my health, given me more energy and I am more confident in myself.”

**Linda Davies**

“Yes, I went with a friend and it was great! Laura was really good and made what was a very energetic session very, very enjoyable.”

**Pat Higgins**

“Can I just say that I attended a Zumba class at Kirkholt last night, I think the instructor was Laura. It was fantastic and Laura was brilliant really motivating and I will definitely go again!”

**Pat Higgins**

“In February 2014, I decided to start running and entered into the Great Manchester 10k Run. At this time, my partner was injured so I joined the local running club at Heywood Sports Village where I met lots of new friends who have now become my running companions and my motivation to keep running. I completed the Great Manchester Run in 64 minutes and raised over £300 for Bleakholt Animal Sanctuary. I have now entered into the Blackpool Half Marathon in April 2015. In addition to this, I also attended the Adult Cycling sessions where I gained the confidence to maintain balance and learned how to cycle on the roads. I'm really pleased with my progress by attending these activ8tme sessions and I have seen huge improvements in my health and fitness.”

**Emily Fletcher**

“I have just joined activ8tme and found massive benefits from it already! I have become fitter after struggling with injuries for a few years. I also love the social side of the classes and can't thank Tracey (the instructor) enough for bringing so much fun and enthusiasm to her classes! I have now signed up for a 10km run, thanks to her support.”

**Sabrina**

"I struggle with anxiety and going to the classes have allowed this to improve! The social side of this is amazing as I don't have any other hobbies. It's a good chance to interact with other members of the community of all different ages!"

**Lee**

"Just to let you know, I went to Yoga class at Heywood and me and my daughter both enjoyed the class. Ann was really good and helpful and we will be going again."

**Diane Gray**

"I went to Pilates yesterday afternoon. I really enjoyed it and will try to go every week. Excellent tutor (Jay) and a bargain at £2."

**Della Dziadulewicz**

"I love activ8tème it has literally changed my life. I have epilepsy and had to give up work due to it. I also suffered depression due to me having to give up work and I have lost contact with most of my workmates. Now I love going to Zumba gold with Laura and find everyone in class so friendly. I have also started the stretch and tone class with Taira and again found her lovely and very helpful. Me and my husband even tried the cycling in queens park the other sun we thoroughly enjoyed it even though it was cold ,and now my mum has come to Zumba gold and she's loving it. Thank you so much it's just what I needed. oh yes, I tried Salsasize the other week and I've lost weight since doing this. I'm now up to 9lbs and I do feel fitter for doing it and it's getting me out of the house during the day. Thanks."

**Karen Ashton**

"I love activ8tème. I have had a fab time meeting new friends who are all so supportive and lovely, it does give you confidence and makes you feel so good about yourself ..I particularly like the zumba best, all of the teachers are amazing and so talented. I just wish you could get a membership that would include all the classes on Langley has I don't like the gym and even though the classes are inexpensive when you want to go to them all it can be more expensive than the gym. Thanks Sarah for being such a great friendly person and a good coordinator xx."

**Jackie Whelan**

"Love activ8tème. Since last summer I've been going to regular Zumba gold classes. Our brilliant instructor is Tracey ,she makes every class fun and the classes have given me and my daughter something to look forward to a couple of nights a week. Who knew exercise was such fun ? The classes aren't expensive and ladies of all ages come to ours. It has helped me to maintain my four stone weight loss from last year. Any age or ability, nobody to budge you , just keeping active and fit, what's not to like?!"

**Jane Gartside**

"I just wanted to let you know how much I enjoy the Activ8tème classes at Littleborough sports centre. I've met up with old friends as well as making new ones to say nothing of benefiting from the exercise! Long may they continue."

**Lyn Richardson**

"I think these comments are excellent and it makes you feel proud of being an instructor and inspiring people to come along and have fun. I get a lot of inspiration also from participants and have just as much fun."

**Tracey Szymanek**

"The Heywood badminton is great, it is my favourite hour of the week (sad I know) and me and my partner John really look forward to it. John's colleague Ruth has started coming along and she loves it too, and next week is bringing her sister. Last night myself, Lynne and Ruth went along to the Spring Hill one for the first time and that was great too. Everyone was friendly and we were made to feel welcome."

**Sue Lobas**

"We find the drop-in badminton sessions great as you get to play with all ages and abilities at a really reasonable cost. We have been going for over a year now and it's fantastic to see more people coming every week. Our welcoming coordinator, Alison is always there to give great advice on technique and rules as well as giving much appreciated encouragement. Just playing once a week has seen our fitness and skill levels increase considerably."

**Jackie and Paul**

"I love the price, variety and friendly staff. I now feel more motivated and have more confidence. I have also lost weight and made new friends."

**Lynne Johnson**

"The activ8tème programme provides fun and fitness. I enjoy all the classes and have benefited from weightloss, improved stamina and made new friends."

**Valerie Whitworth**

"The best thing about the activ8tème programme is the flexibility of the classes, not having to book in advance. The classes are fun and my fitness has improved since coming."

**Carole Miller**

"I got involved with Zumba Gold at Heywood Civic Centre 2 years ago after being asked to go by my sister-in-law. At first, I wasn't really into it, then after about 3 weeks I suddenly realised that I was actually looking forward to it! Not only was I keeping fit, but I was having so much fun too. The instructors are lovely girls, making sure we don't over-do things and we enjoy the routines. I can really recommend Zumba Gold to anyone - we have so much fun and I've made some lovely friends through the class. I go to the classes four times a week now and I'd like to thank activ8tème for making this possible."

**Dot Garner**

"I started doing the Yoga to stay supple. At my age, it's not about getting fitter it's about controlling your breathing and being more relaxed. The Yoga in particular has helped me as my job includes driving in busy rush hour traffic in the city centre and it reminds me to breath calmly. The programme is brilliant, I love the fact that there is no direct debit scheme as it's often difficult to get to classes so you can just turn up whenever you like without having any commitments. The thing I like about the programme is that all ages of people come to the classes, there are people the same age as me and on the same level. I hope the scheme continues as I think it's magic and I hope other people decide to take up on these great classes which have such a community feel to them."

**Jeff Brooks**

"I really enjoy the activ8tème classes. Although I'm already a Link4Life member, the classes are local from my house. They're delivered in a friendly atmosphere. The Yoga class in particular is a small group which enables the instructor to go around the group and help everybody individually."

**Ann Hill**

"Since joining the additional classes, I feel a lot fitter and full of energy. By trying out the Zumba class, it has given me the confidence to try out other activities as well. I now exercise 3-4 times a week and the activ8tème programme has enabled me to do this at a very affordable price. I have also started swimming. I have never missed a Zumba class in the 2 years it has been running and I'm always telling people about the sessions. It's also encouraged me to change my diet and I also eat a lot healthier too."

**Jean Wilson**

"Zumba classes are not just exercise but good fun. It's a great place to make some good, new friends in a friendly and sociable environment. It's a fantastic hour well spent. We could go on and write a book as there are so many benefits to attending our local Zumba class."

**Elaine Dronsfield**

"I look forward to these classes and I really enjoy going each week. Sylvia is a great coach and the Primetime sessions are all about having fun - it doesn't matter if you are good at the activities or not. I have also met many friends through coming to these classes and have become more confident as a person. It has been great to try out the new activ8tème sessions too."

**Agnes McDougall**

“Laura is a great teacher. She’s helpful, encouraging, supportive which makes me enthusiastic and has changed my thinking to exercise.”

**Lisa Sullivan**

“It’s cheap and worth the money. It has changed my life for the better. I’ve lost over a stone and half in weight, have more confidence and am more happy and content in myself since having a baby.”

**Sarah Haynes**

“The class gives a warm welcome. There is lots of variety. It’s fun and friendly and fitness in a lovely environment. I’ve made new friends doing something I enjoy and it’s given me lots of confidence.”

**Marjorie H**

“The classes are extremely well run and friendly. You’re not tied to going every week and its only £2. There are so many activities to choose from. I’ve been to Yoga, Zumba, Rounders, Cycling and Badminton so far. Yoga’s improved my general wellbeing and flexibility. The Milnrow group are very friendly and I’ve made some new friends.”

**Kath Eccles**

“There is value for money and friendly instructors. Everything you want from a local fitness programme.”

**Mandy**

“Fab Zumba with Laura Taylor, the best instructor ever. Exhausting but great fun. Its fantastic – I’ve made lots of new friends and feel healthier and fitter.”

**Karen Brown**

“It keeps me active and improves my health. I love laughing, dancing and having fun. I’ve had weight-loss, made new friends and it’s improved my cardiac condition. Brilliant instructor, Tracey.”

**Anonymous**

“The social interaction is the best thing. It’s a great way to meet people and get fit. Ive made new friends and had health benefits.”

**Mike Atkinson**

“I would like to give feedback on Tuesday evenings Zumba class and say how much I am enjoying this class and hope it continues. I go with my mum and my daughter and we look forward to getting

active through dance.”

**Rebecca Cloarec**

“Hi Sarah, just sending some feedback. Really enjoy the zumba class at Milnrow. Good convenient location for me as I can get even more exercise by walking to and from. Excellent instructor and atmosphere. The numbers attending have certainly increased since I first started going. Really hope it continues.”

**Linda Jones**

“I started the Thursday morning Zumba class at Heywood Civic held by Lauren about 6 months ago. It is the quickest hour of the week. My face aches afterwards as I have smiled for the entire hour. A great class and a lovely teacher so full of energy and so enthusiastic. I met some nice people into the bargain and look forward to my Thursdays.”

**Sue Jones**

“I started Zumba Gold at St Martins Church Hall in October, For the first time in my life I actually look forward to Monday mornings! Gina is brilliant, she works hard to get us all fit but it is very light hearted and really enjoyable.”

**Carole Logan**

“Just wanted to let you know how much I am enjoying the Zumba sessions on Tuesday evenings at 6pm. Aleksandra is very welcoming and clearly has a passion for this type of dance. I have found the class fun and I think it is excellent value for money.”

**Carol Tarpey**

“Good first HIIT class tonight at Heywood civic. Easy, medium and hard options. Will be going again next week! (And aching tomorrow!).”

**Jennifer Waft**

“Absolutely love Gina Smith LBT classes on a Tuesday, feel toned and can see a change of shape to my body, for the better!”

**Lindsay Savage**

“Great team at activ8e me from Sarah dealing with all our enquiries to the instructors trying to keep us in shape ☺ Great job guys love what you do.”

**Amanda Yates**

“Just wanted to pass on some feedback about the new classes held at Heywood Civic Hall. I've been putting off doing any form of exercise for years, but was talked into giving Gina's legs, bums and tums class a try a couple of months ago. Can I just say she is an inspiration. Her classes are fun, no pressure and she always encourages us to do our best. As a single mum it's really nice to feel welcome and the prices are fantastic. Since the first class I have been every week and even did a double this week, doing her HIIT class followed by the LBT class.”

**Sharon Hardman**

“I've lost 1 stone since I have been going to Tracey's healthy eating class. I also go to Legs Bums Tums on a Tuesday with Tracey and Zumba on a Wednesday at Bowlee with Noreen. My sciatica has also now gone. I feel like a new woman. Thanks activ8treme.”

**Jackie Whelan**

“I've lost 2 stones since I have been going to Tracey's healthy eating class 12 months ago as well as her fitness classes. She has been a great inspiration to me. I suffer from osteoarthritis but I do walk a lot further than I used to.”

**June Hales**

“Sheila Tierney started off with the Couch to 5km. She isn't a 'Runner, Runner' but she has put her heart and soul into it. She has signed up for the '10km Love to Run Manchester'. She is walking and jogging it. We are all so very proud of her and she has also started at the Legs Bums Tums to strengthen her legs and our instructor, Tracey is going to help here with the training.”

**Cath Browning**