

# CASE STUDY

## GLL Better Centres Healthwise Scheme Andrew's story



Before starting the 12-week Healthwise Scheme referral programme, I had some trepidation and many questions, but once I started, I was met with a warm and friendly greeting by Paul, who had a genuine interest in addressing my needs and goals.

I was nervous and needed motivation, but by the end of the course I was doing circuits, HITT and spin classes and signed up for the post health wise membership package at GLL.

My confidence and motivation levels have increased massively, as well as my fitness levels, and I would like to thank Paul for his time and patience, as I am very happy with my results.

