

# Enjoying life again through physical activity: Fred and Maureen's story

Fred and Maureen are both armed forces veterans from March.

Fred, 93, didn't let his age stop him from walking on the treadmill or attempting pull ups, but it came to light that he would benefit from a walker. So, Fitness Rush kindly donated one to help him continue exercising after the initial sessions had ceased.

Maureen, 77, was initially in great discomfort and pain before starting with Fitness Rush. The non-judgemental and tailored exercise programmes allowed her to progress at her own pace and gave confidence towards trying new things. Maureen is now walking, lifting, and enjoying life again with reduced physical pain.

With 12 locations left to visit, Fitness Rush and Care Together are excited to create other amazing outcomes with those who had previously succumb to a life with aches, pain and life limiting conditions.